

losing sleep over

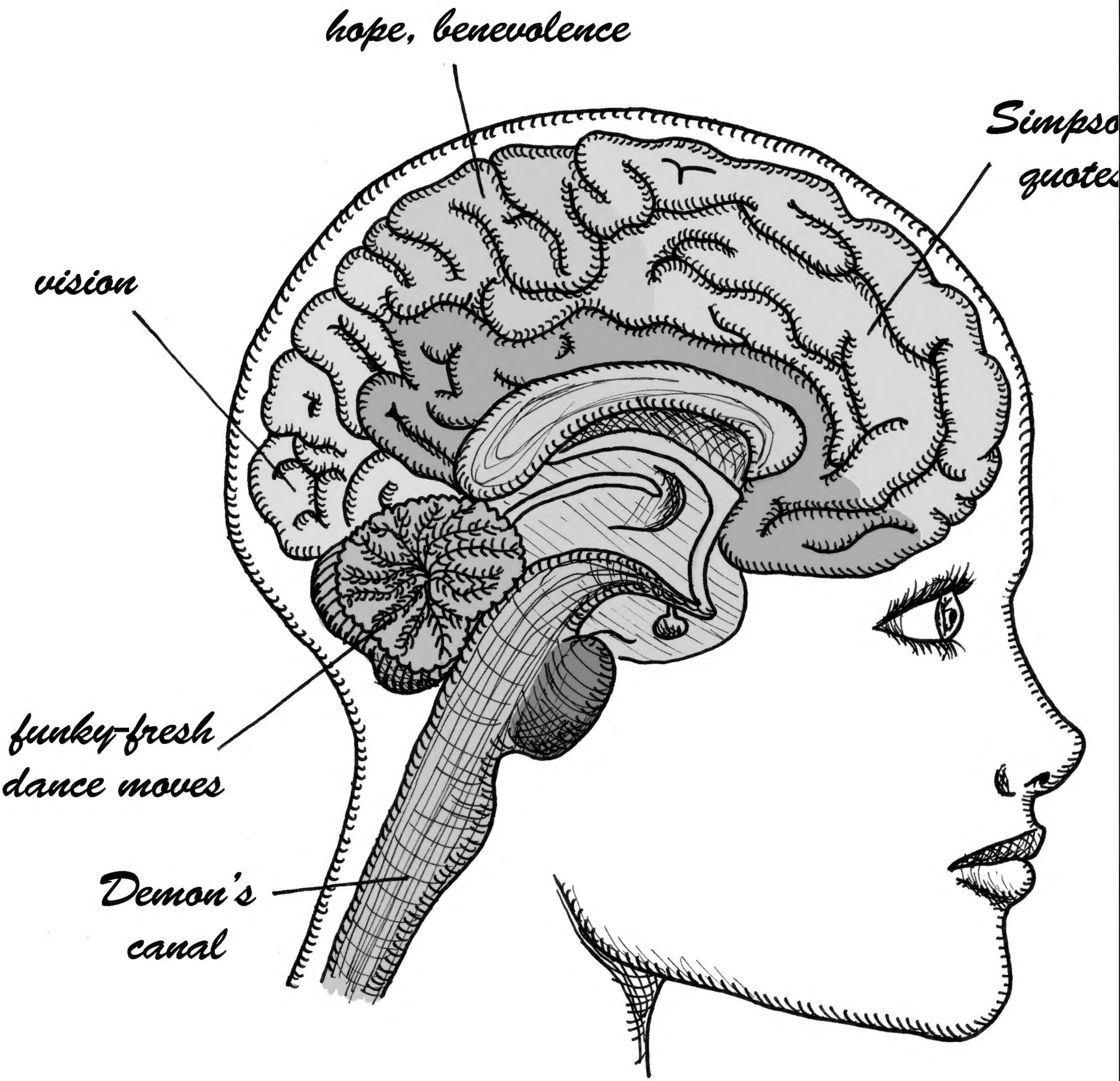


Fig. 1.2

er losing sleep

Of all university student priorities, sleep is often the most neglected. A stressful academic environment, coupled with trying to maintain some semblance of a social life, tends to leave students scrambling to find the time to recharge. Despite attempts to replace sleep with caffeine or drugs, the brain can't be fooled forever, and experts agree that students can't function without a proper amount of rest—though that amount is dependent on a number of factors—and pulling yet another all-nighter might not help you ace that midterm after all. Delving into the foggy world of slumber, the *Gateway* discovers what a little shut-eye can do for the average university student.

WRITTEN BY KIRSTEN GORUK AND JONATHAN TAVES

ILLUSTRATION BY LAUREN ALSTON || PHOTOS BY ANDRIY CHERNEVYCH AND CYRIL BALITBIT

After a weekend initially devoted to a writing a research paper turns into quality time with Jack Daniels, many attempt to catch up on that school-work with a couple of late nights. Similarly, it's not uncommon to crack the books at 10:30pm the night before a final exam, thinking that a solid cramming session is all that stands in the way of that 4.0 GPA. However, sacrificing sleep may take more of a toll on grades and day-to-day life than many think.

"There are large numbers of people who are not getting enough sleep due to school constraints; a lot of people are working through university, and they want to party on weekends," explains Dr Lawrence Pawluk, a clinical professor of psychiatry. "It's a never-ending battle."

Pawluk, who specializes in sleep disorders from narcolepsy to insomnia, understands the costs of missing out on those 40 winks.

"Sleep deprivation is something that's rampant in our society, and there are a number of consequences simply from receiving insufficient sleep," he says. "You have the ability to get the right amount of sleep; you just don't have the time to get it in."

According to Pawluk, a lack of sleep disrupts the brain's ability to translate information into memory and impairs problem-solving skills.

"I'm surprised there aren't even more major accidents or problems that have arisen in the world as a result of people making decisions when they're sleepy."

Get rhythm when you need to snooze

The loss of concentration and the inability to focus on mental tasks is due in part to the interruption of circadian rhythms in the body. Circadian rhythms are the body's natural way of adjusting to the 24-hour cycle of light and dark. When the cycle is disrupted, as with a change in sleeping patterns, the brain loses the restorative effects of rest. Symptoms can resemble the condition called jetlag, which is also the result of a change in circadian rhythms.

The deep phases of sleep, which cycle throughout the night, are the most important in terms of mental and physical rejuvenation, Pawluk explained. In particular, if a person is woken up during these stages, they tend to be groggy throughout the day. The four phases of sleep usually last from 70–120 minutes each.

"Everyone's sleep went to hell in a hand basket when Edison invented the lightbulb," Pawluk says. "With the ability to artificially lengthen our day, that result[ed] immediately in us sacrificing our sleep."

The typical day of a university student varies in start times, but not in length. Whether you're the early bird with the 8am lecture or the owl who only comes out for their night class, the workload is overwhelming, and in order to stay afloat, the days are long.

"Unfortunately, the people who need more [sleep] are severely impacted by society's expectations because we don't really hold it in any esteem at all," Pawluk explains.

Unpredictable schedules contribute to fluctuating sleep patterns, making it difficult to get a good night's rest. A lack of sleep will not only make your classes seem unbearably boring—it'll also increase stress levels.

"Everyone knows how much sleep they need, and we're all willing to sacrifice some of that," explains Dr Irv Mayers, director of pulmonary medicine at the University of Alberta Hospital and a specialist in sleep apnea. "I think when you start finding it is impairing your ability to interact with your friends and family, if you're snappy all the time or irritable, if you're falling asleep when you don't want to, you're overdoing it, and you need to give yourself more sleep."

Although the required amount of sleep is unique to each individual, most people don't get enough rest to function at their highest capacity. It's generally thought that people need an uninterrupted 7–8 hours per night, but Pawluk said that for some people, even that isn't enough.

"I think we've always underestimated how much sleep people truly need [...] People in

CONTINUED ON PAGE 12

"Everyone's sleep went to hell in a hand basket when Edison invented the lightbulb. With the ability to artificially lengthen our day, that result[ed] immediately in us sacrificing our sleep."

DR LAWRENCE PAWLUK
clinical professor, psychiatry



FOR BLEARY-EYED AND SLEEP-DEPRIVED students, the solution to tiredness may be closer than you think.

A recent study published in the December issue of *The Journal of Neuroscience* has revealed the findings of a newly tested nasal spray. The treatment contains a naturally occurring brain hormone called orexin-A.

The research was prompted by work done by Dr Jerry Siegel, who discovered that the absence of orexin-A is what we know as narcolepsy—a condition that results in frequent and uncontrollable periods of deep sleep.

Testing was carried out on monkeys who were sleep deprived for 30–36 hours and then given orexin-A or a placebo supplement. The test-subject monkeys, along with alert ones, then participated in cognitive tests.

Those monkeys who were administered the nasal spray scored around the same as the alert ones, while the placebo group fell significantly behind.

The Defense Advanced Research

Projects Agency (DARPA), an independent research branch of the US Department of Defense, funded the project.

As explained in an official statement issued to the *Gateway* by DARPA, although the research has not looked into the prevention of sleepiness, it "demonstrated that orexin-A ameliorated some of the cognitive deficits associated with sleep deprivation. Specifically, it improved short-term memory."

While the news of this discovery is potentially groundbreaking, medical professionals are quick to point out that the long-term affects of true sleep deprivation are unknown.

Exciting as the prospect of a no-sleep nasal spray is, the research done to date is purely fundamental—an important first step, but it will be years before orexin-A makes its way to drug-store shelves. Until then, you'll just have to stay awake the old-fashioned way: a good night's sleep, or a huge pot of coffee in the morning.

What's the longest all-nighter you've ever pulled? Join the discussion and read about our experiences staying up all night in this week's online features section at

www.thegatewayonline.ca



“When your brain is sleep-deprived, you are not as sharp, no question.

I don’t think most people would want to sit an exam after having a couple of drinks; that’s about what you’re doing.”

IRV MAYERS

Director of Pulmonary Medicine, U of A

If your eyelids are getting heavy more often than just at bedtime or you’re tossing and turning for what seems like hours, there are a number of things you can try to maximize your productivity and energy:

- Be consistent. Because you have an internal “biological clock,” even if you manage to arrange your schedule to have a couple sweet days where class begins at 12:30pm, the best tactic is to keep the same wake-up time as those 9am starts.
- Make your bedroom as dark as possible. This aids production of melatonin, a hormone in the brain that induces sleep.
- Maintain a relaxing routine before bed that reduces stress on body and mind, such as listening to music or doing some light reading.
- Avoid drinking more than two caffeinated beverages in a day, particularly later on, as it can affect your sleep for up to 16 hours. Nicotine is also a stimulant that can affect shut-eye.
- If you’re having difficulty dozing off, don’t focus on the fact that you’re not sleeping. Move the daunting red numbers of the clock out of your sightline. Don’t be frustrated lying bored in the dark, but instead get up and do something relaxing for a short while before heading back to bed.
- The students taking advantage of the couch space in SUB also have the right idea to cope with sleep deprivation: napping. “Nap strategically during the day, say if you have a spare,” Pawluk advises. “For 20 minutes or so, a short nap tends to be restorative for most people.”

CONTINUED FROM PAGE 11

their late teens and early 20s need about nine hours, [and] most of them are getting nowhere near that,” he says.

Burning the midnight oil

But the reason university students aren’t getting those precious nine hours isn’t just the keg parties—it’s the killer exams and papers. Where there are final exams to be written, there are red-eyed, caffeine-addicted students at their desks poring over notes and textbooks.

What some students don’t realize is that all the cramming in the world won’t make you a calculus genius in time for tomorrow’s test.

A recent study conducted at St Lawrence University in Canton, NY reveals that, on average, students who pull all-nighters have slightly lower GPAs than those who plan ahead. The study, which was published in January’s issue of *Behavioral Sleep Medicine*, shows that well-rested students who have never pulled an all-nighter average a 3.1, while those who stay up all night rank a 2.9.

Those who tend to spend more time sleeping the night before an exam are the minority, as 60 per cent of students who participated in the study said they’d pulled at least one all-nighter in their college career.

It’s studies like this that reinforce Pawluk’s view on all-night cramming.

“People try to sacrifice their sleep with the hope that by somehow studying late into the night, they’ll be able to retain what they’ve learned,” he says. “But there’s absolutely no way they would have [retained] that learning any time lengthier than to remember it for the exam.”

Pawluk cautions against studying late into the night because it follows the “law of diminishing returns”: memory and concentration become harder to maintain, both while studying and the morning after with an exam on the desk in front of you.

“[All-night study sessions] get progressively less effective because as you get sleep-deprived, your brain doesn’t adapt to new situations as well,” Mayers adds. “If you’re suddenly presented with a novel problem, you can’t deal with it like you can when you’re well rested.”

That feeling of being so tired that you’re dozing off for a couple seconds before jerking awake is particularly counter-productive because the composition of the mind changes when you fall asleep. Those two-second naps are called micro-sleeps.

“No one can remember the moment they fall asleep,” Mayers explains. “You can remember getting sleepy, but not when you fall asleep.”

“That’s because you get retrograde amnesia. [...] It’s a physical change in your brain chemis-

try. If you’re trying to memorize stuff and you’re having these micro-sleeps, you’ll wipe out the minute or two you just tried to memorize.”

Aside from workloads keeping you awake, a number of disorders can make restoration difficult even when the opportunity to lay your head on the pillow finally presents itself.

Problems such as sleep apnea fool people into thinking they’re achieving a full night’s rest when they really aren’t. Sleep is disrupted hundreds of times a night when the throat muscles relax and block the airway; however, people with the condition aren’t conscious to realize the problem. Mayers says this will only occur more frequently as Canadians’ average weight increases.

Although apnea occurs in all age-ranges, a more frequent sleep disorder that students tend to have is insomnia.

“Some of the common causes of insomnia [are] depression, anxiety, and condition insomnia, where people begin to focus on the fact they’re not sleeping. Their bedroom becomes their torture chamber,” Pawluk says. “I think that’s something many students will face at some point in their careers.”

Depression and anxiety can affect sleep in the opposite way as well, Pawluk adds, especially in younger people. They may sleep and stay in bed far longer than their bodies require.

But if any of these afflictions or any others are causing disruptive rest or daytime sleepiness, in most cases the detriments can be rectified.

“Most sleep disorders, we can identify and treat the problem,” Pawluk points out.

Not all sleep is created equal

University students have other daytime activities aside from studying that contribute to sleep deprivation. Factors such as alcohol, eating habits, and exercise also affect one’s sleep periods.

Consuming alcohol before bed, for example, disturbs sleep later on in the night, and eating too close to bedtime can cause more frequent awakenings. In terms of brain food, protein has been shown to promote alertness to some extent, while foods high in carbohydrates, like pasta, promote sleepiness.

In terms of fitness, Pawluk warns against those late-night jogs.

“Exercise can promote sleep as long as you exercise earlier in the evening. [...] If it’s strenuous, it can be alerting, but if it’s something like stretching or yoga, not a problem; it’s something that can help you wind down.”

As for those getting behind the wheel after their all-night studying sessions, they’re better off taking the bus. A study at Flinders University in Australia tracked concentration and

coordination of a group of undergraduates with varying levels of sleep deprivation to blood-alcohol content. Performance after 17 hours without sleep coincided with a 0.05 per cent blood-alcohol level, while 24 hours with no rest matched a BA level of 0.08 per cent.

As Pawluk puts it, “If you’re awake for 24 hours straight, you’re performing the same as you would be if you were drunk.”

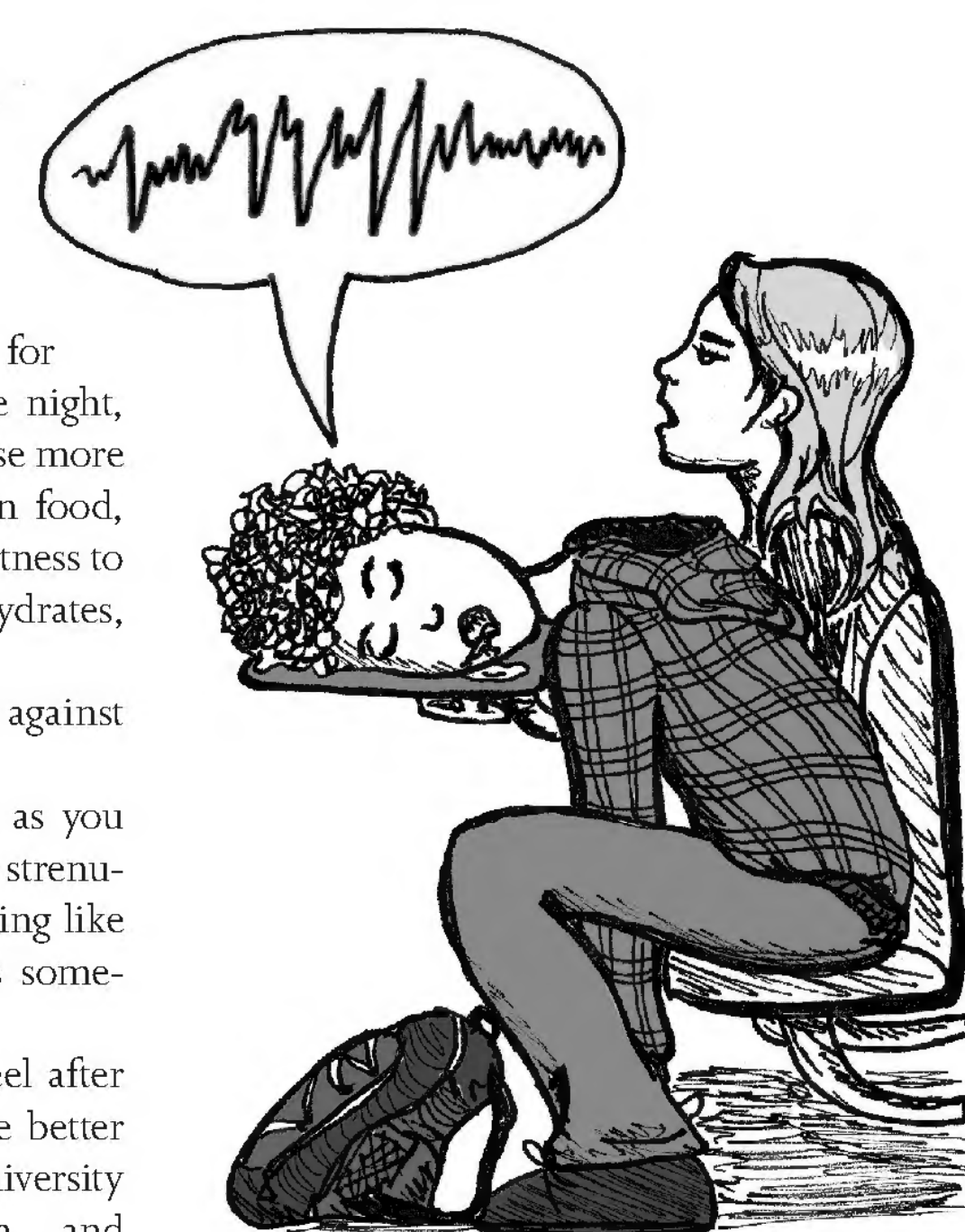
You’re probably not in much better shape writing a midterm under the same influence, either.

“When your brain is sleep-deprived, you are not as sharp, no question,” Mayers adds. “I don’t think most people would want to sit an exam after having a couple of drinks; that’s about what you’re doing.”

Still, the concept of staying up until the wee hours to complete that term paper or cram for that final seems essential to university life, regardless of the studies showing that this practice can, in fact, be detrimental. Despite the insane schedules that students cope with, sleep isn’t something that can be swept under the bed with your biology textbook. Ask anyone who’s spent a night glued to their laptop as they struggle to finish a term paper: the words tend to blur at around 3am.

Everything else aside, Mayers insists that the importance of sleep can’t be ignored when considering overall quality of life.

“As a society, we live on the edge of not enough sleep because we’ve got so much to do. You need to find a balance that’s healthy for you.”



nextweek

Finally got a chance to sleep in, but you’ve only had pudding pops and a Twinkie for breakfast? You’d best think twice about skipping out on the most important meal of the day. Next Thursday, the *Gateway* reports on student nutrition and eating habits and how they affect our daily lives.

SOCIAL INTERCOURSE

Rattpoison

1-2 February at 10pm
Jet Nightclub and Sports Lounge

If you're jonesin' for a good power-ballad and there's no decade-themed party in sight, fear not: hot off of their ground-breaking New Year's gig at the Jet Nightclub and Sports Lounge, Rattpoison's playing a two-night stint to remind us of the best parts of the '80s: men in spandex, gigantic hair, and, if you're lucky, era classics like "Final Countdown" and "The Kid is Hot Tonight."

Of course, if you can't make it out to either night this weekend, fret not; you can catch the band again next month at the same place or, barring that, in April—just like Facebook photos of your most drunken Journey sing-alongs, these guys aren't going anywhere.

Frankenstein

Thursday–Sunday, 2-24 February at 8pm
Adapted and Directed by Jonathan Christenson
Starring Nick Green, Andrew Kushnir, and Sarah Machin-Gale
Catalyst Theatre (8529 Gateway Boulevard)

After a monstrous reception last year, Catalyst Theatre's touring *Frankenstein* has added a victory lap to its itinerary after covering most of the country in 2007 and is once more set to rampage through town.

Having adapted Mary Shelly's original book, this production offers bizarre, dream-like costumes, poetic lines, and (hopefully) a flash mob of angry, pitchfork wielding townsfolk chasing the misunderstood monster out of town to protect their daughters from his reanimated clutches.

Frankenstein ultimately reminds us of the perils of creating artificial life via the hack-n-slash-n-patch method. Cloning's totally the way to go, as angry mobs rarely form against people who appear to be identical genetic copies of themselves.



HMS Pinafore

Runs 2, 5, and 7 February at 8pm
Directed by Rob Herriot
Starring Gregory Dahl, Colin Ainsworth, and Jeff Haslam
Jubilee Auditorium

Edmonton Opera's managed to get famed Edmonton playwright Stewart Lemoine to revamp Gilbert and Sullivan's classic story of two young lovers separated by the class system: he's a naval captain and she's just a sailor, but zany hijinx might just bring these two together.

Though its original run was critically panned, the show eventually managed to transform into a smash hit after Gilbert and Sullivan used some of its music during a regular concert. Indeed, who could resist such operatic staples as "I'm Called Little Buttercup" or a cast that includes characters like Dick Deadeye and Josephine, the captain's daughter?

PAUL BLINOV
Missing Kmech so very much



Entering a Strange Wilderness

Steve Zahn chats about sacrificing plot for funny and losing roles to the likes of Matt Damon

musicpreview

Strange Wilderness

Opens Friday, 1 February
Directed by Fred Wolf
Starring Steve Zahn, Allen Covert, and Ernest Borgnine

PAUL BLINOV
Arts & Entertainment Editor

Quick: how do you remember Steve Zahn (if you do at all)? Is it as the moustache-sporting Wayne from *Saving Silverman*, or as the shockingly thin Duane Martin from last year's *Rescue Dawn*?

Zahn's managed to make a career for himself ping-ponging between sidekick roles in both serious and silly movies for years, but his upcoming comedy *Strange Wilderness* marks something rare for a guy who's often stuck as the protagonist's friend: the ever-elusive leading role.

"I had just shot *Rescue Dawn* in Thailand, and I took this trip to Vietnam right after I wrapped [up]," Zahn explains over a crackling phone. "I [then] did this kayaking trip up in Ha Long Bay, which is up near China, and my agent's trying to get a hold of me while I was kayaking. But of course, I didn't have cell reception. I get back to Hanoi, and he calls me and says, 'Hey, you got this offer on this script, and it's crazy, and we think you'd really like it. But you need to tell them like within the next like 12 hours.'

"And so I was in my room at the Hanoi Hilton, and I read this script," he continues. "I laughed so hard when I read it, [but] then I thought,

'Man, am I just laughing because I just did *Rescue Dawn* and now I'm in Hanoi? I'm sitting there in my hotel in my underwear and [is] that why it's funny, or is it really that funny?' So I read it again, and I laughed even harder."

"The intent of this movie is to be as funny as possible at all times, even if that means the story needs to not make sense. And that's why I thought it was so funny, and that's why I did it."

STEVE ZAHN
STRANGE WILDERNESS STAR

In *Strange Wilderness*, Zahn plays the host of a late-night wilderness show on the verge of cancellation—the network's producer finally caught an episode, and is mortified by the content. Desperate to keep his show on air, Zahn takes his crew on a hail-mary hunt for the one animal that could save it: Bigfoot.

"It was one of the only comedies that I read that was truly funny, that had great characters in it, that was interesting, and at the same time, didn't feel like it had to follow some kind of, you know, generic rule of story format," Zahn explains. "Even in the crazy comedy, the guy falls in love with the girl, or the friend is really bummed out. [There are] those one or two scenes where it's serious all of a sudden, [but] the intent of this movie is to be as funny as possible at all times, even if that means

the story needs to not make sense. And that's why I thought it was so funny, and that's why I did it."

Strange Wilderness marks one of Zahn's first leading roles; in the past, he's had an unfortunate history of getting passed up in favour of bigger, more established names. But if there's one thing to be said for Zahn, it's that he's been consistently popping up in movies for years, even if he's not the big name.

"I remember I was up for *Courage Under Fire*. It was between me and Matt Damon, and I was like 'Who is Matt Damon?' And I'm sure Matt Damon was like 'Who is Steve Zahn?' And we sat for like a month, and finally he got [the part]," he says. "That really bummed me out, you know. And so, in hindsight, I go, 'Wow, maybe my career would have been a little different if I would've got this or that.' But in general, just having longevity is, like, such a hard thing to attain. And that's what I really concentrate on."

He's done a pretty good job—*Strange Wilderness* marks one of five movies he's involved in this year—and critics haven't failed to notice, either. For his role as the heroin-addicted husband of Drew Barrymore in *Riding in Cars with Boys*, critics as large as Roger Ebert suggested that Zahn deserved an Oscar nomination for his role, and he drummed up further acclaim after losing 40 pounds for his role in *Rescue Dawn*. But that doesn't mean he's going to abandon the comedy route in favour of strictly serious acting: scripts like *Strange Wilderness* still hold a special, irrelevant place in his heart.

"There's absolutely no moral, and there's absolutely no lesson in this movie," he laughs. "That's one of the reasons I did it."

STUDIOTHEATRE.CA

World Premiere of
WHILE WE'RE young
by Inaugural Lee Playwright
in Residence DON HANNAH

1894 2006

FEBruary 7 to 16 2008
7:30PM

STUDENT TIXS always \$10

TIMMS CENTRE for the Arts
UNIVERSITY of ALBERTA
advanced tickets at **TIX on the Square**
420-1757
tixsonthesquare.ca
walk-up tickets available at Timms Box Office one hour before each show

Lee Playwright in Residence

U of A 2008 UNIVERSITY OF ALBERTA

DEPARTMENT OF DRAMA FACULTY OF ARTS

Alberta Foundation for the Arts

ckua redemptorist SEE

Meet the worst parody of the year

filmreview

Meet the Spartans

Now Playing
Written and Directed by Jason Friedberg and Aaron Seltzer
Starring Sean Maguire, Carmen Electra, and Kevin Sorbo

PAUL BLINOV
Arts & Entertainment Editor
CONAL PIERSE
Opinion Editor

We figured that the reason *Meet the Spartans* was the number-one movie at the box office this past weekend was because there was absolutely nothing else for moviegoers to do. For some inexplicable reason, people went to the movies and, realizing that their only other choice was the gratuitously violent *Rambo*, decided to opt for a comedy. The word “comedy” is used loosely here, as laughter was almost completely absent outside the first ten minutes.

It's an unsettling feeling when a movie makes a lengthy joke—in this case, a dance sequence to “I Will Survive”—and nobody in the theatre laughs during any of it, not even the lady who seemed to be howling at everything the first ten minutes tossed her way. But that was how *Meet the Spartans* went for most of its mercifully brief runtime. Though there were only 20 people in the audience, that was still \$160 that the movie didn't deserve to earn. Seeing it is equivalent to stepping in dog shit while barefoot: perhaps funny to others who don't have to experience it, but gut-wrenchingly frustrating to have happen to oneself.

Meet The Spartans follows the basic plot of swords-and-sandals flick *300*; King Leonidas (Sean Maguire) leads a small army of men—in this case, 13—to defend Sparta against the invading armies of Xerxes while his wife (Carmen Electra) tries to



rally support from Sparta's political leaders. Of course, all of *300*'s major scenes get spoofed, such as Leonidas' oft-repeated “This! Is! Sparta!” kick. But for all the times you've overheard someone drunkenly shout that line aloud to their friends, seeing him punt Britney Spears into the gaping hole failed to garner even a cracked smile. Yes, Spears has had her share of problems, and King Leonidas' boot was over-popularized, but a ten-minute sequence of him kicking random F-list Celebrities into a pit isn't funny. It's tired, and it's been done before.

But perhaps worse than the bad writing and poor comedic timing was the fact that the movie assumed that the audience was too unintelligent to “get” half the jokes. They even went so far as to zoom in on a clearly labelled “Rocky” logo on a punch-drunk boxer's shorts, just in case we missed the clever reference they were making.

The movie seemed to rely on the fact that you had indeed seen other movies or an episode of *Access Hollywood*, and therefore, their weak attempts at pop culture humour would be familiar to you and thus elicit some chuckles.

If you're wondering where the funding for a movie like this would come from, the answer is shameless product placement. While they tried to play them off as jokes, it was quite obvious that the half-hearted jabs at Dentyne and Gatorade were about as sincere as a Simpson's Butterfingers or Burger King commercial.

And then, as if *Meet the Spartans* hadn't put you through enough, the credits come attached with another dance to “I Will Survive.” Yes folks, there's two separate unbearable moments set to that song.

Nobody really wanted to talk about *Meet the Spartans* on the LRT home; it was like we'd all just went through a hostage situation and were the only ones to make it out alive. Two people, however, did benefit from *Meet the Spartans*: writers Jason Friedberg and Aaron Seltzer. To them, this whole thing was a success: they had the number-one movie last weekend, which means their next atrocious film will likely get the green light while better, funnier movies are given the thumbs down. And after seeing *Meet the Spartans*, that's the most depressing thought imaginable.

MacGregor's serves up a thin script

Despite a promising story, Daniel MacDonald's characters fail to explore it well

theatreview

MacGregor's Hard Ice Cream and Gas

Runs until 10 February
Directed by John Hudson
Starring Coralie Cairns, Jesse Gervais, Mark Jenkins, and Myla Southward
Varscona Theatre (10329 83 Avenue)

MARIA KOTOVYCH
Arts & Entertainment Staff

In *MacGregor's Hard Ice Cream and Gas*, the MacGregor family must make some fairly difficult decisions as the cold and snow grip the Saskatchewan prairie, the least of which includes figuring out what to do with Mr MacGregor's corpse—the frozen land precludes an immediate burial. Furthermore, the fragmented family, now reunited, must resolve some long-standing interpersonal conflicts. Part comedy, part drama, this show begins with promise but winds up falling as flat as the Saskatchewan landscape.

The biggest problem with *MacGregor's* is Daniel MacDonald's script: it doesn't allow for any character development. Through a series of flashbacks, we see oldest daughter Missy (Myla Southward) and her mother (Coralie Cairns) together in various interactions throughout her youth. We also learn that Missy left

home at 17, but now she's returned 19 years later, her tummy bulging with a long-overdue pregnancy.

That's all fine and good, but the 36-year-old Missy really hasn't changed in the time she's been away: in her first encounter with her mother, the dynamic between them more closely resembles a mom/teen relationship rather than a discourse more likely to occur between a mother and her adult daughter. And dialogue like “You're not really pregnant,” “Yes, I am;” “No, you're not;” “Yes I am,” that occurs between Missy and her younger brother Fred (Jesse Gervais) sounds ridiculous and completely unrealistic coming from a pair of thirtysomethings.

The actors do their absolute best with the material they are given, but unfortunately, their potential lies largely untapped with a script that lacks sufficient character development or a range of emotions. For instance, Missy returns home to learn that her father had passed away. The moment she learns of her father's passing might have been a nice opportunity for the character to exhibit some emotion, but all Missy does when she receives the bad news is say something like “Poor Dad.” While the family is painted as dysfunctional, the level of their problems don't justify the antipathy that Missy exhibits towards her father's passing. Similarly, the other

characters' reactions to Missy's return are completely unrealistic. Rather than addressing her 19-year absence and their feelings about her return, the characters' main preoccupation revolves around whether or not Missy should sleep in the parlour. The script takes a very surface-level approach to what could be a better exploration of this family's dynamic.

MacGregor's shares many similarities with *The Mighty Carlins*, which recently showed in Edmonton: both plays feature a family that reunites shortly after the death of a family member, and both plays depict a less-than-perfect group trying to work through their past problems.

But while *The Mighty Carlins* managed to evoke a multi-layered picture of the deceased Mrs Carlin, *MacGregor's* gives very little insight into the late patriarch, other than showing that he opened a store, was obsessed with the accordion, and paid very little attention to his family—other than youngest son Jack (Mark Jenkins), who helped him in the store.

If audiences wish to see a play about a dysfunctional family that works through its problems after the passing of a family member, they should hope that *The Mighty Carlins* returns to Edmonton someday; *MacGregor's Hard Ice Cream and Gas* lacks the both powerful punch and realistic script of that show.

Happy Madison PRODUCTIONS PRESENTS

They could solve nature's biggest mystery if they only had a clue.

STRANGE WILDERNESS

LEVEL 1 ENTERTAINMENT PRESENTS A HAPPY MADISON PRODUCTION STEVE ZAHN "STRANGE WILDERNESS" ALLEN COVERT JONAH HILL KEVIN HEFFERNAN ASHLEY SCOTT PETER DANTE HARRY HAMLIN ROBERT PATRICK JOE DON BAKER ALSO STARRING JUSTIN LONG WITH JEFF GARLIN AND ERNEST BURGHEIM AS MILAS COSTUME DESIGNER MAYA LIEBERMAN MUSIC BY WADDY WACHTEL

SUPERVISORS MICHAEL DILBECK AND BRYAN BONWELL EDITOR TOM CUSTAIN PRODUCTION DESIGNER PERRY ANDELIN BLAKE DIRECTOR OF PHOTOGRAPHY DAVID HENNINGSON EXECUTIVE PRODUCERS ADAM SANDLER JACK GIARRAPUTO GLENN S. GAINOR BILL TOOMAN, JR. EDWARD MILSTEIN PAUL SCHWAKE PRODUCED BY PETER GAULKE WRITTEN BY PETER GAULKE & FRED WOLF DIRECTED BY FRED WOLF

LEVEL 1

Happy Madison

SUBJECT TO CLASSIFICATION

StrangeWildernessMovie.com

IN THEATRES EVERYWHERE FEBRUARY 1



Whale said to have the right stuff

Backed by a fabled blog critic and their hometown alike, Said the Whale are ready to go from obscure to well-known—or at least pay off their bank loan

musicpreview

Said the Whale
With Maurice
Monday, 4 February at 8pm
The Empress (1-9912 82 Avenue)

MATT SCHOETTLE
Arts & Entertainment Writer

Like a battle-hardened and weary faction of soldiers, support on the home front is the most important step towards success for a band. Vancouver's Said the Whale can attest to this aphorism, as the city's fertile independent music scene is allowing the band to come into full bloom.

"We just feel really lucky to have gotten our foot in the door," vocalist and guitarist Tyler Bancroft explains. "At the start, it was just two guys with acoustic guitars, and all of a sudden, we're being welcomed into the scene."

Warm welcomes aside, Bancroft and rest of the band—including fellow co-writer, guitarist, and vocalist Ben Worcester, bassist Jeff Laforge, drummer Spencer Schoening, and keyboardist Laura Smith—give some of the credit to their own sacrifices.

"The first part is that we went out on a limb and got a bank loan. If we hadn't got approved for a bank loan, we wouldn't have been able to do half of the stuff we've done. So that's good, but we're obviously still paying for it. We just decided that if we're going to do it, we might as well do it seriously," Bancroft explains.

Said the Whale's commitment is starting to pay off: in the past year, the band has released the single "This Winter I Retire," which climbed to fifth on CBC Radio 3's R3-30 countdown; an accompanying video directed by, as Bancroft puts it, "indie god" Andy Dixon; the EP *West Coast Christmas*, available for free online; and a full-length CD entitled *Talking Alabonia*, to the acclaim of famed blogger Perez Hilton.

"When we finished the music video, I just sent [Perez] a link," Bancroft says. "He asked for the rest of the album, and a couple weeks later, he came up with a post. In one day, we had a 1000 new MySpace friends requests and like 11 000 plays; all kinds of people were reaching out to us because they had seen us on Perez Hilton."

Mr Hilton, however, can't take all the credit for Said the Whale's success. Vancouver has acted as both an

inexplicable catalyst for the band's music and as a source of inspiration in the songs, according to Bancroft.

"It's impossible not to be influenced by where you live. We've got beaches; we've got mountains; we've got a beautiful city that we love," he says. "It comes very natural to us to be writing songs about our own city because [Vancouver] is so inspirational."

With songs of nautical and naturalistic themes that abound, Vancouver's influence is clear, providing insight into the unique band name itself.

"[Said the Whale] was just Ben and I trying to come up with a cool band that represented the sound we were going for and represented the west coast—a west coast sound," Bancroft adds.

The formula worked; winning the 2007 "Bucky Award" for best new band name of the year on CBC Radio 3—as voted on by the listeners—has Said the Whale excited, even if the award is for their band name and not their music.

"We're just super-stoked to be nominated for that award and that it was voted on by the listeners, which feels good. Even though the award might just be for band name, I know that they liked the music too."

Untraceable shows the worst of Saw, CSI

filmreview

Untraceable
Now Playing
Directed by Gregory Hoblit
Starring Diane Lane and Colin Hanks

JOHN KMECH
Arts & Entertainment Staff

Watching ordinary people get lit on fire, roll down hills, or be punched in the face is pretty much the only reason that SpikeTV is on the air and one of the most significant draws for YouTube. While people may enjoy viewing the misery and idiocy of others, however morally dubious that may be, it takes a special brand of stupidity to force you to watch the very depravity you're condemning. *Untraceable* is one such example: it's like the owner of a dog who just soiled the rug—rubbing your face in the excrement, then telling you that you should wash that face.

In what must be the least reassuring view possible for the strength of online security in America, Diane Lane stars as a single mom who, along with poindexter extraordinaire Colin Hanks, comprises what seems to

be the bulk of the FBI cyber-crimes division. Hackers and child predators beware. Whiling away nights online finding Internet-savvy miscreants, Lane discovers a web site called Killwithme.com, where the killer rigs his devices to increase the rate the victim is being killed as more people watch online. Once the serial killer discovers who's after him, it's a race against the clock as Lane attempts to apprehend him before he can get to the people in her life and before the audience is cured of insomnia.

To be fair, the concept behind the movie is solid. There's plenty of material available in the context of our society's voyeuristic tendencies with violence to make an engrossing thriller. But such a film won't be found here.

Rather, *Untraceable* combines the elements of *CSI* and the *Saw* series without the originality of the former or the ballsiness of the latter to produce quite possibly the most boring movie ever made about a serial killer. One of the alluring aspects of such a film is determining the identity of the killer. Here, there's no need to ponder, as the film shows you who it is halfway through. Without saying

too much, it can be assured that he's the Doogie Howser of murderers.

As well, the film lapses into bouts of unintentional hilarity and strained believability that tend to take away from its attempt at a grave tone. Hearing Diane Lane spout continuous technical jargon like "the DNS servers use a low TTL" is ridiculous enough before Colin Hanks joins in the pained attempts at dialogue with "This is just the beginning!" But the winner here has to be the scene where a man being boiled alive in a vat of acid still has the wherewithal to *blink out Morse code* to give the FBI a clue to the killer's motivations.

Director Gregory Hoblit's underlying message becomes more of an annoyance than anything. It's tough to tell an audience that their love of violence is wrong and they're morally corrupt when they've paid \$12 to sit in a theatre and watch your movie melt the flesh off of a human. At least the *Saw* series isn't dishonest in what it's providing.

It's a fairly cunning scheme to make someone pay you to slap them in the face, but that's exactly what *Untraceable* is doing to its audience. Not that they don't need it, but it could at least be less dull and hypocritical in doing so.

Experience of a Lifetime

* Overseas Job Guaranteed

TEACH ENGLISH OVERSEAS

Free Info Seminar
Tues. @ 7pm
10037B - 82 Ave.
*Edmonton-based

(780) 438 5704
globaltesol.com

SOCIAL CHANGE TO MEET CLIMATE CHANGE

Dr. Lynn McDonald
Department of Sociology
University of Guelph

Opening Remarks by:
Dr. Mary Griffiths
Senior Policy Analyst
The Pembina Institute

THURSDAY, FEBRUARY 7, 2008
5:00 - 6:30 P.M.
ROOM 150
TELUS PROFESSIONAL CENTRE
87 AVE & 111 ST.
UNIVERSITY OF ALBERTA

Free and open to the public

CENTRE for CONSTITUTIONAL STUDIES
Centre d'études constitutionnelles
www.law.ualberta.ca/centres/ccs

Are you looking for something a little different than a traditional MBA?

The **University of Lethbridge** offers an exciting proven alternative to the traditional MBA. The U of L's **Master of Science in Management** is a research-oriented program offering a Master's degree in only 12 to 16 months. This intensive program provides students with the knowledge and hands-on experience to conduct rigorous and scholarly research into a business or management issue. Graduates of our program are well positioned to enter a PhD program or to embark upon a research career in the corporate world. The program offers:

- Excellent funding opportunities
- Rigorous research training
- Excellent preparation for a PhD
- Small class sizes
- Supportive cohort experience
- Personal workspace

STIMULATE YOUR INTELLECTUAL CURIOSITY
AND LAUNCH A CAREER IN BUSINESS OR ACADEMIA.

APPLY BY MAY 1 TO BE ELIGIBLE FOR A
\$1,000 TUITION CREDIT*

* CONDITIONS APPLY – REGISTERED FOR THE FULL 12 MONTH PROGRAM

University of Lethbridge
Faculty of Management

MASTER OF SCIENCE in MANAGEMENT

Master of Science in Management
University of Lethbridge
4401 University Drive
Lethbridge, AB T1K 3M4
(403) 380-1819
msc.management@uleth.ca
www.ulethbridge.ca/man/grad

Facing WolfPack, Pandas keep one eye on playoffs

ROBIN COLLUM
Sports Editor

The Pandas volleyball team will be looking to regain their momentum and get back to their usual winning ways this weekend. The fourth-place Pandas (11-5) are coming off a disappointing series that saw them lose two important games at home, and they need a pair of wins against the Thompson Rivers WolfPack (4-12) this weekend both to lift their spirits and keep them competitive in the standings.

According to Pandas head coach Laurie Eisler, her team is confident and working hard toward its playoff goals.

"It was a little disappointing to fall short to UBC, but we know they're a really good team—they're tied for first in the league—so we know we're competing," she said. "It's just a matter of sticking with it and not bailing—keeping the chins up—and we'll see what happens in the next couple of weeks."

The Pandas are the heavy favourite heading into this weekend. While Alberta leads Canada West in kills and service aces, with the second-best hitting percentage, TRU's in the bottom three in hitting, opponent hitting percentage, kills, and blocks.

Nonetheless, TRU isn't a team to be taken too lightly. They've managed to steal sets away from some of the best teams in the conference, and the Pandas will have to be on the lookout for fourth-years Richelle Walton, an outside hitter, and left side Laura Plouffe, as well as fifth-year middle Lauren Stockstad.

"They're a team that's been taking sets off all the top teams—they took sets off UBC; they took a set off Manitoba this past weekend," Eisler



PETE YEE

THROWING IT DOWN This weekend, the Pandas will be trying to move up from fourth in Canada West, while TRU want to nab the seventh and last playoff spot.

said. "There's not a lot of pressure on them, I don't think, based on where they are right now, so they're going to be going for it for sure."

With only four games left until playoffs, it's impossible for the defending national champion Pandas to catch up to UBC and Manitoba, who are tied for first in Canada with 30 points each. It's unlikely that Alberta will be able to overtake third-place Calgary, either.

For that to happen, not only would

the Pandas have to win the rest of their games, but the Dinos would also have to lose their two games to TRU later this month.

Alberta's position reminds Eisler of where her team was near this point last year. The Pandas finished the regular season 16-4 and in second place, but the third-, fourth-, and fifth-place teams were all within four points.

"It's very similar, in many senses, to what we went through last year, so for

the ones who are more veteran, they don't necessarily like going through this—there's another way—but they understand that you don't always get there the easy way," she said.

That veteran presence on the team has been extremely useful to the Pandas so far this year. They retained all but one of their starters from last year, and returning athletes like middles Samantha Wojtkiw and Alexa Berton, setter Daryll Roper, and outside hitters

Tiffany Proudfoot and Canada West kill leader Jocelyn Blair have been invaluable on the court.

"You start cashing in on experience this time of year," Eisler said. "You know what the veterans are going to do, and the ones that have had that experience, they know what it takes. Eventually, that starts really working for you."

The Pandas will be on the court at 6:30pm Friday and 8pm Saturday.



FILE PHOTO: MIKE OTTO

INCOMING! Fifth-year libero Kevin Hatch defends. Hatch, Brock Pehar, and Adam Kaminski will play their last regular-season home games this weekend.

Trailing TRU team seeks to steal sets

Sitting in a distant fourth place in Canada West, the WolfPack has modest expectations as it takes on the Golden Bears, the country's top-ranked team

ROBIN COLLUM
Sports Editor

Thompson Rivers University has been in CIS competition for less than three years, but its men's volleyball team is on rise and beating higher-ranked, more established teams. The WolfPack (8-6) will be in town this week to try to do some damage against the Bears (12-2), who lead the CIS rankings.

The 'Pack has managed a few upsets so far this year against the other top teams in the conference; two weeks ago, they beat third-place UBC (12-2) on Saturday and forced the game to five sets the night before. They also captured two sets against Winnipeg (12-2), the defending national champions, earlier in January.

But despite TRU's fourth-place position in Canada West, they're not quite in league with the top three teams in the conference. Alberta, Winnipeg, and UBC each have 24 points, and TRU sits far back with only 16 and only four games left in the regular season. But TRU head coach Patrick Hennelly is happy with the position his team is in.

"I'd say we're the leader of the middle of the pack," he said. "I set my goal at being .500 this season, and we're on pace for that. Even if we drop

two this weekend, we're still .500 going into that last weekend.

"We are playing some pretty good volleyball right now, and hopefully we have enough to battle the number-one team in the country."

"I'm not expecting to win; I'm expecting to compete."

PATRICK HENNELLY
THOMPSON RIVERS HEAD COACH

Hennelly knows his team isn't up to the level of play yet that the conference leaders can deliver and has tempered his ambitions accordingly.

"I'm not expecting to win; I'm expecting to compete. I would love to take a set off them, [and] I would love to keep every [set] competitive into the 20s," he said.

"My goal is to come out of this weekend with a positive result, and a positive result for us can be taking a set off Alberta."

To the Bears, however, getting two wins this weekend will be essential in order to keep up with Winnipeg and UBC in the tight race for first in Canada

West. Alberta head coach Terry Danyluk will be relying on his team's depth and versatility to carry them through the next two weekends and into playoffs.

"We don't really focus on one or two guys carrying the load. We try to make sure that everyone's doing their job," he said. "I think we've been a little bit of everything. Most of our systems have been functioning pretty well, and it's one of the things that I think makes us good; we can do a lot of things well, not just one or two.

"We're not playing our best right now, and we've had a few little nagging injuries and stuff that we're working through, but for the most part, things are pretty good.

While the Bears will be using the series to fine-tune their game, the 'Pack sees it as an opportunity to test themselves against the best competition in the country.

"It doesn't get much tougher than going into the last couple of weekends of the year, must-win games for Alberta and must-win games for us," Hennelly said. "Every game now counts, and you're playing the number-one team in the country at home. I expect Alberta to be at the top of their game."

The Bears will see TRU on Friday at 8pm and at 6:30pm on Saturday.

Hoops Spartans forced to forfeit

TWU men's team admits one of its players was ineligible, gives up three wins

ROBIN COLLUM
Sports Editor

The Trinity Western Spartans men's basketball team has forfeited three wins after the school revealed on Monday that they'd discovered one of the athletes on the team was ineligible under CIS rules.

Fourth-year Spartans forward Lucas Goltz played eight games with the Spartans this season, three of which—against Thompson Rivers, Lethbridge, and Fraser Valley—ended in victories. Those scores have been overturned, with the wins being retroactively awarded to the teams that lost.

By playing Goltz, the Spartans violated CIS academic eligibility rules. The school is claiming that the infraction was due to an “inadvertent administrative error.” A transfer student from the Royal Military College of Canada, Goltz didn't fulfill CIS academic requirements in his previous year.

“When you use a year of eligibility, you have to maintain a certain academic credit standard—18 credits passed successfully,” Canada West executive director Val Schneider said. “To make a long story short, [Goltz] was not a student in good academic standing at his last university.”

CIS regulations dictate that any transferring student-athlete must sit out for one calendar year before he or she can play for their new school. Trinity Western abided by this rule, not putting Goltz in the lineup until 2 November, 2007. However, no one at the school realized that Goltz hadn't finished the required number of credits in his last year at RMC.

When the athletics department discovered the oversight, they immediately told both Canada West and CIS



FILE PHOTO: KATIE MOONEY

I AM FORFEIT! The Trinity Western Spartans, seen here playing the Bears earlier in January, have forfeited three wins because of an eligibility violation.

officials and made a compassionate appeal, which was denied. They then voluntarily forfeited the games, bringing their record to 3–17 this season.

The matter is now being investigated at the CIS level, and the school may be further disciplined. However, TWU's prompt admission of the violation will likely count in their favour.

“They self-disclosed the situation,” Schneider said. “Obviously when there's a case of self-disclosure, that's taken into consideration.”

Neither CIS nor Canada West generally monitor the eligibility of transfer student-athletes themselves, instead relying on the player's school to keep track and watch for violations.

“The onus rests within the institution where that individual's

competing,” Schneider admitted. “We may not have [found out]. Someone could have reported it, I suppose, but we may not otherwise have discovered it.”

The forfeited games have changed the standings in the Pacific division and possibly affected the play-off picture. The Spartans were in fourth place in the division, and if they could have won their next four games—and had Fraser Valley lost the rest of theirs—TWU would have made it into the postseason. Now, TWU is in last place. Goltz will be eligible to play for the Spartans again after he has satisfactorily completed 18 credits at TWU.

The TWU athletics department didn't return interview requests as of press time.

Don't overreact; Brady's foot will be fine

Instead of panicking over inconclusive paparazzi photos, New England fans should focus on the real threat: that the Giants will stop his passing game



PAUL OWEN

Sports
Commentary

Last week, the *Boston Herald* discovered that the easiest way to give their city a collective heart attack was to publish photos of their star quarterback in a cast.

The photos of New England Patriots pivot Tom Brady strolling through New York with flowers for his supermodel girlfriend and a walking cast on his right foot set off a firestorm in both the Boston and national sports media. Pats fans' panic escalated further when Brady missed a few practices before the team left Massachusetts for Tempe, Arizona, site of this year's Super Bowl.

All of this died down earlier this week when Brady declared himself good to go and began practicing again, but the fact remains that it never should have been as big of a story as it was. Between the Boston fans—a group that identifies more with their superstars than any other in sports—and their fear-mongering media, Brady's situation was blown completely out of proportion.

A perfect example of how out of control the story got in Boston is the city's CBS affiliate, which, on its local news program, took the published

photo of Brady to an expert at Boston College to try to determine what type of injury it might be and how much it could affect him.

The most ridiculous part of the Brady saga was that he didn't miss a snap—nor was he taken out of the game—in the preceding weekend's victory over the San Diego Chargers. There was no reason to believe he was seriously hurt and that this was anything other than simply a nagging injury that he had already proven he could play through.

Between the Boston fans—a group that identifies more with their superstars than any other—and their fear-mongering media, Brady's situation was blown completely out of proportion.

The second absurdity to come out of Brady's situation was how many people began to postulate that this injury may have been responsible for his poor performance against the Chargers, when he threw three interceptions.

What makes no sense about this is that those picks were largely due

to poor decision-making on Brady's behalf—as well as the athleticism, closing speed, and recognition skills of the San Diego backfield. None of that would have been affected by Brady's bum ankle.

Beantown's fears shouldn't be that Brady won't play, or that if he does, he'll be throwing picks like he did against San Diego; instead, they should be worried that he will play, and that his mobility will be limited. New England's Super Bowl opponent, the New York Giants, led the NFL in sacks with 53 this season, and if Brady is without his ability to avoid the blind-side pass rush—a skill that led to only 21 sacks on Brady on the year, good for fifth-lowest in the league—then New England's passing game will in turn be held in check. If Brady is unable to buy himself time in the pocket, it takes away his ability to look for the deep routes that have made New England the best offence in history this season.

So instead of Bostonians clutching their chests in fear for the past week, they needed to realize that Brady not only had two weeks to rest his ankle, but also that the injury couldn't have been that bad in the first place; if it was, we would have seen back-up Matt Cassel at some point since week eleven against Buffalo. Brady will be fine and will probably lead his team to the second undefeated season in NFL history come Sunday. After all, everything else has gone right for him this season.

FAITH: FRAMED AND FOCUSSED

Cosmic Christ? Saviour? Mystic? Subversive? Friend? Teacher? Rabbi? Scapegoat? Hero? Prophet? Brother? etc.

A Young Adult Retreat exploring our understanding of and relationship with Jesus the Christ, by viewing and discussing contemporary films and film clips. February 8–10 Sponsored by the United Church of Canada (ANWC) for more information call 780–435–3995 ext.223 or visit <http://www.anwconf.com/coffice/yayam.htm>

SUBtitles

Main Floor SUB Regular Hours: Monday to Friday 9am – 5pm
ph: 492 – 9744 Saturday 11am – 4pm

used textbooks and much more...

Buy, Sell or Consign Texts • UofA Crested Clothing & Merchandise
• Framing • Custom Screen Printing and Embroidery

BUY, SELL OR CONSIGN TEXTS

{other services include}

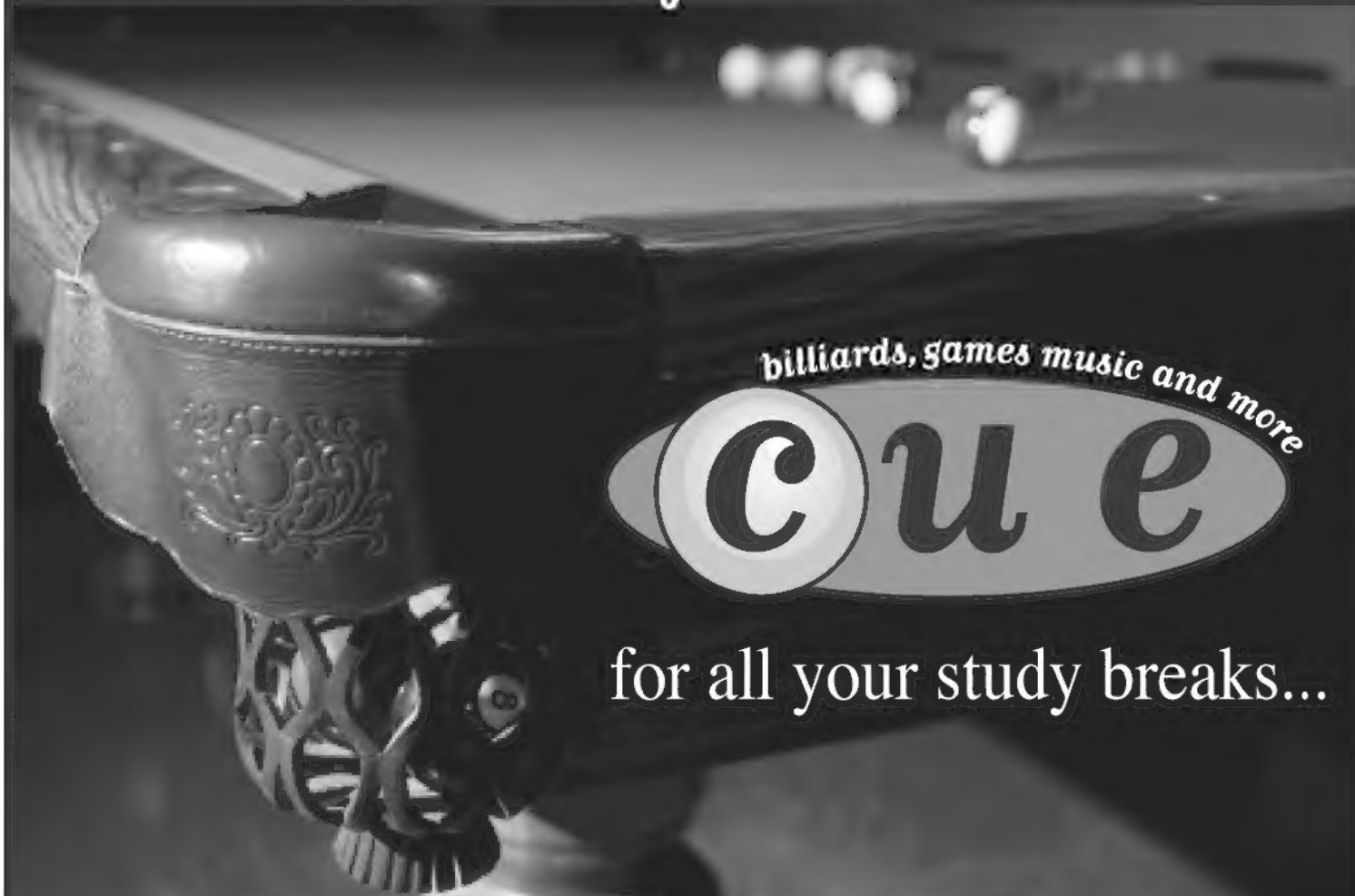
- UOFA CRESTED CLOTHING AND MERCHANDISE
- FRAMING
- CUSTOM SCREEN PRINTING AND EMBROIDERY



for further information, visit www.su.ualberta.ca

DROP-IN POOL TOURNAMENT

Second Friday of the Month



for all your study breaks...

Register up until 5:30 PM on day of tournament
Start time: 6:00 PM Cost: \$10.00/person

STUDENTS' UNION BUILDING
Lower level

Tournament Dates: Jan. 11, Feb. 8 & Mar.14, 2008



Monday - Friday 10 AM - 8 PM
Saturdays 10 AM - 6 PM
Phone: 492-9468 | games@su.ualberta.ca

MARKET RESEARCH INTERVIEWER



- Conduct interviews over the telephone from our centrally located call centre, accurately enter data into a computer system.
- Absolutely no sales involved.
- Position requires excellent telephone manner and typing skills.
- Flexible scheduling with shift choices.
- Company benefits plan.
- \$11.00 / hour to start, with performance based reviews.

Please mail, fax or email your resume to:
10147 – 104 Street, Edmonton, AB, T5J 0Z9
Fax: 780-485-5085
Email: HR@TrendResearch.ca
Phone: 780-485-6558

TREND HIRES ON AN ONGOING BASIS

PROFESSOR OF THE WEEK



WIESLAW KRAWCEWICZ
MATH 309

Dr. Krawcewicz is really passionate about teaching, he loves it. He is always trying to engage the class in discussion and hates when the 50-minute lecture is over. More amazingly though, is the fact that for the month of November and until our final exam (in December), he comes to campus on **Saturday** and tutors whoever comes. He (will easily tutor) for 3 – 4 hours, which is pretty special since he doubles the weekly lecture time. Dr. Krawcewicz... truly wants his students to be successful.

Do you have a professor that's unique and shows their value of undergraduate teaching? Nominate them! Email avpa@su.ualberta.ca.

Nominations can also be picked up and submitted at any Faculty Association or InfoLink desk, or the SU executive offices front desk.



THE BLACK DOG
FRESHHOUSE
NOW 20% BLACKER



WE ARE WOUNDED, BUT WE WILL RECOVER.
SEE YOU SOON!

SPORTS SHORTS

By Robin Collum

Coastal courtship

Every game counts at this time of the year, and the Bears basketball team needs to make the most of its next two match-ups. The Bears (12-6) are on the road this weekend, visiting the UBC Thunderbirds (15-4) and the UVic Vikes (13-6). It's Alberta's last really tough weekend before division playoffs, and they'll want two wins to boost their confidence and keep them in a favourable playoff position.

The Bears are having a successful season, but they'll have their work cut out for them on the coast. The T-Birds and Vikes are first and second in the Pacific division, respectively, and UBC hold the fifth spot on the CIS rankings as well.

UVic allows the fewest points in Canada West, and UBC has the third-highest win-loss percentage. The T-Birds also have the lowest opponents field-goal percentage in the conference, which should make for an interesting contest because Alberta has the best field-goal percentage.

Fierce competition

Looking at the CIS women's basketball rankings, you can see what players and coaches in Canada West already know: this is the toughest conference in the country. Six of the top ten teams on the list, which is based on a coaches' poll, are from Canada West, and the Pandas—ranked fourth—are playing two of them this weekend.

Alberta heads out to the coast to tip off against UBC—second in the Pacific division and ranked third nationally—and then Victoria, who, though ninth on the CIS list, are third in the Pacific division.

UBC has the best scoring defence in Canada West, and third-year T-Bird forward Leanne Evans leads the conference in rebounding. The Vikes, on the other hand, are armed with Ryan McKay, the conference's leading scorer. She averages 19.1 points per game.

No rest for the injury-riddled

This weekend will be the men's hockey team's first full series since losing captain Harlan Anderson to a knee injury this past Saturday, and they're going to have to go the distance without him—literally.



FILE PHOTO: KATIE MOONEY

GIVE AND TAKE CG Morrison and the rest of the Bears are in a tight race for playoff positioning. They'll try to keep the second spot by beating UBC and UVic.

It's a big weekend for the Bears (18-3-2), as they travel to Saskatoon to take on their long-time conference rivals, the Huskies (16-3-5).

The dreaded Huskies are having nearly as good of a season as the Bears. Alberta is the best team in Canada West, but the Huskies are in second place, and both teams are high in the CIS rankings—second and fourth, respectively. It's not just bragging rights on the line, either. Alberta and Saskatchewan are only two points apart, so the outcome of this series could have a big impact on the conference standings, and who gets home ice advantage in the playoffs.

Easy pickings

The Pandas hockey team, on the other hand, will be carrying far fewer stresses with them when they hit Vancouver this weekend. Not only do they only have to prepare for two games, but those games are against UBC (6-14-2), a team the Pandas (17-2-1) have beaten soundly three times already this season: 9-5 and 5-1 to start their season off, and then 3-2 in November.

But complacency will get the Pandas nowhere because the T-Birds also pulled out a huge upset over them in November, winning 4-3 in a shootout at Clare Drake. It's also very important that the Pandas notch two wins in BC because the Manitoba Bisons (15-3-2) are nipping at their heels in the standings.

Luckily, the Pandas roster is pretty stacked. Alberta skaters hold the top spot—or spots—in all of the major statistical categories, from points to assists to hat tricks.

Read labels, keep receipts

Natalie's wearing a brand new pair of Helly Hanson long johns because her dad bought them for her by accident. Apparently, he was trying to get her a shirt for when she runs outdoors, but misread the packaging and ended up with long underwear instead.

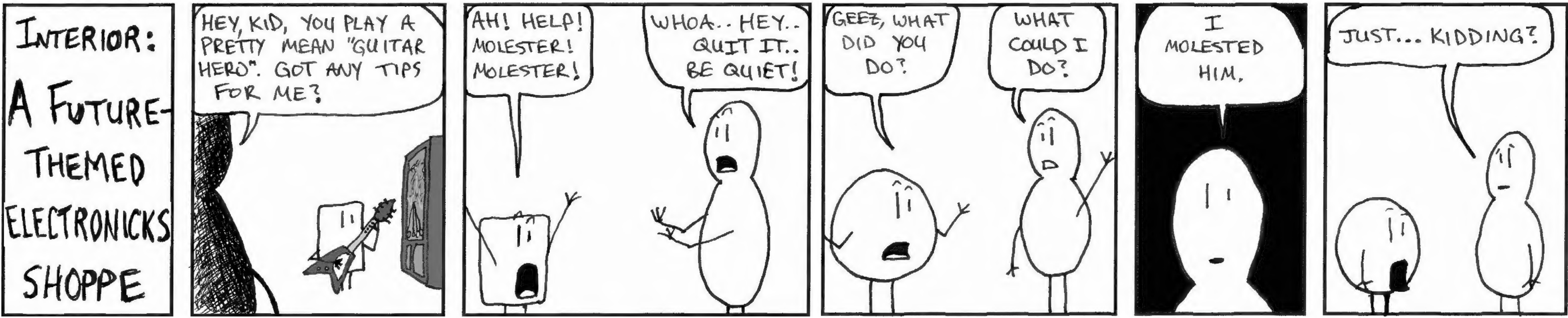
I'm wearing red panties today for luck. I'm told that when your animal's year comes around on the Chinese calendar, it's actually *unlucky*, but wearing red counters that. I'll have to stock my drawers for 2009.



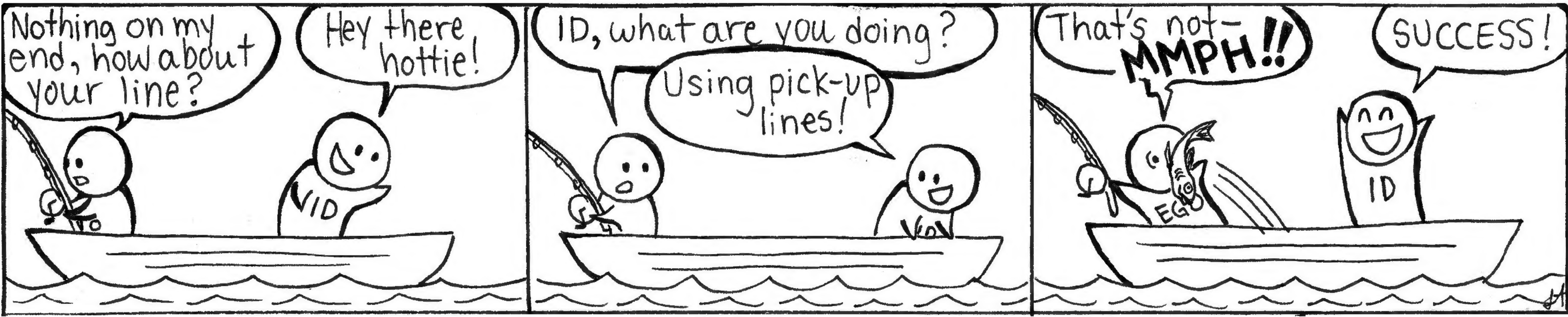
SAM BROOKS

MISSING THE ACTION The Bears are on the road this weekend taking on the second-place Saskatchewan Huskies.

PEANUT & CIRCLE by Chris Krause



ID & EGO by Lauren Alston



STICKMAN by Jonn Gagnon



CLASSIFIEDS

To place a classified ad, please go to www.campusclassifieds.ca

FOR RENT

Looking for a place to live? Check out www.rentingspaces.ca, the student housing registry. Free to search and free for students to post roommate listings!

Roommate needed available immediately, 5 mins from U of A. Includes all utilities, \$700/mn. Call 920-7738

FOR SALE

Medical School Interview Workbook. Over 250 key questions. Email: premedical@shaw.ca or visit the UoFA Bookstore.

Brand new, never lived in top floor 726 sq ft condo, 10121-80 Ave. Located 2 blocks south of Whyte, minutes from the Farmers' Market, shopping, river valley, U of A. 1 bedroom, 1 bath, den, a peninsula-style kitchen, bright great room, in ste. laundry, sunny west facing to courtyard. Laminate floor, stainless

appls, 10' and 12' ceilings, no immediate neighbors. Fitness room, car wash bay, bike storage, workshop area, underground tenant/visitor parking, visitors ste. \$320,000. Len@982-6794

SERVICES

Guitar instruction. On campus location. Now booking for winter semester. 707-5750 www.equavemusic.com

ANNOUNCEMENTS

The Big Brothers Big Sisters Campus Club is proud to present a Public Seminar with Dr. Margaretha Ebberts from the Edmonton Public School Board: Building a Relationship with a Child. Plus a panel of Big Brothers Big Sisters volunteers who will share ideas for activities that volunteers and kids can do together. 5pm. Thurs 31 Jan. CAB 235. For more info contact Amanda at 424-8181 ext 238 or amanda.nielsen@su.ualberta.ca or visit bbbsedmonton.org.

UoA Ecohouse Open House, 12pm-2pm, Monday 4 Feb, 11025 Saskatchewan Drive (East Campus Village). Take a guided tour showcasing the renovations of this unique

student residence, plus 1pm sustainable living presentation inc. handy local tips. Light refreshments provided, all welcome. www.uofaweb.ualberta.ca/ecohouse/

Queens of Sound: A Her-Story of Women in Reggae and Dancehall 7pm, 1 February, Stanley A. Milner Library Theatre, 7 Sir Winston Churchill Square. Cost: \$10 cash. A documentary featuring interviews and concert footage of female reggae and dancehall artists such as Marcia Griffiths, Sasha, Cecile, Chevelle Franklyn, Tanya Stephens and more. After the film enjoy a performance by female fronted reggae group Souljah Fyah. For more information visit www.artepreta.com or email artepreta@gmail.com

Arte Preta: Edmonton Black Film and Art Week. 1-8 February, 2008 Films, Music and Art For a listing of events visit www.artepreta.com or email artepreta@gmail.com

EMPLOYMENT - PART TIME

Personal care aide required for male quadriplegic. Weekend position, 1-3 weekends

per month. Semi-flexible hours, plenty of time off available during the day. No experience required, will train. Contact Mark at mholitzki@shaw.ca to apply or for more information.

Websites Sales: \$500 commission per sale. 3-4 hours per week. Some internet knowledge necessary. Call 488.9231

Do you have an eye for image and detail? Are you able to multi task and handle daily challenges? Can you adapt easily to the moving and ever changing environment that this position will provide? Do you have what it takes to be the new Maxxium Promoter? If you said yes to all of those questions, please send your resumé to careers.ca@maxxium.com and let us know why you are the person that we are looking for.

EMPLOYMENT - TEMPORARY

Education student wanted to tutor two kids. Grade 8 and Grade 6 at west end home 1-2 hrs/week immediately to mid-June. Fee negotiable; call Veronica at 780-436-5518

VOLUNTEERS WANTED

Volunteers needed to teach English as a second language to adult newcomers. Classroom setting, 2-3hrs/week, downtown. No exp. necessary. Ongoing training provided. Great opportunity to meet people from around the world. Contact Anne-Marie at CCI-LEX, 944-0792. lexprogram@cci-lex.ca

Volunteer Assistant for Kids Karate Club, ages 6-12. One hour/week Thursdays 4pm, two blocks from U of A Campus. 2+ years experience in a Martial Art. Email WPKKC_Sensei@hotmail.com or phone Gordon at 492-9930 weekdays.

PERSONALS

Young, attractive student couple looking for some fun with other couples. Email oblectare@gmail.com

WHATEVER SHIFTS WORK FOR YOU, WORK FOR US!!!

Transitions is an innovative not-for-profit community agency. We offer a variety of supports to individuals with disabilities of all ages and their families in the St Albert, Sturgeon County and Northwest Edmonton area.

We are looking for employees who share our vision to enable the people we support to become leaders of their own lives. We offer **flexible hours**, training, comprehensive benefits, a creative work environment and we will do our best to accommodate your busy schedule.

Are you looking for a rewarding employment experience?

Visit our website at www.transitions-ab.org
Tel: 458-7371 ext 33 Fax: 460-7078
E-mail: hannag@transitions-ab.org



more fun than the rest



LSAT MCAT GMAT GRE Preparation Seminars

- Complete 30-Hour Seminars
- Proven Test-Taking Strategies
- Personalized Professional Instruction
- Comprehensive Study Materials
- Simulated Practice Exams
- Free Repeat Policy
- Personal Tutoring Available
- Thousands of Satisfied Students

Oxford Seminars
780-428-8700 / 1-800-269-6719
www.oxfordseminars.ca

THE GATEWAY

volume XCVIII number 31 ♦ the official student newspaper at the university of alberta ♦ www.thegatewayonline.ca ♦ thursday, 31 january, 2008



LAUREN STIEGLITZ AND MIKE OTTO

HEARING 'EM SPEAK AT I-WEEK Dr Paul Farmer and Jody Williams address their Myer Horowitz audiences during keynotes on Tuesday and Wednesday night, respectively. For more I-Week coverage, turn to page 2.

AIDS and landmines mark International Week keynotes

An engaging and joke-filled speech shows that the shock of the cold wasn't too much for Paul Farmer after flying in from Haiti

RYAN HEISE
Deputy News Editor

You can't glamourize infectious diseases—go ahead and try, but you will fail and probably look rather foolish.

But for Dr Paul Farmer, Tuesday's International Week keynote speaker and a man who has made battling infectious diseases in Africa and the world over his life's work, it's often easy to make light of himself and the difficult task he faces in working to fight HIV/AIDS.

When discussing an email from a colleague regarding coming to see a patient in Haiti, he was perplexed as to why he would be asked to come check on such a straightforward case.

"I made the mistake of saying, 'Why do you want me to see him?' I really wanted him to say, 'Because you're the world's best infectious-disease doctor.' But that's not the smartest thing to do with a Harvard medical student because he said, 'Well, the patient is depressed; come cheer him up.' What am I, Clowns Without Borders?" Farmer said to uproarious laughter.

"I told that joke recently, and people came up to me afterwards and said, 'We're from Clowns Without Borders,' he added.

Farmer, a physician and anthropologist and one of the founders of Partners In Health (PIH), an international health and social justice organization, has been working in Africa for over 25 years and has helped reshape the country of Haiti by re-thinking how NGOs should operate.

"We weren't doing enough in Haiti to support the public sector, and that's the big weakness of public NGOs," Farmer explained, adding that PIH overcame this by shifting focus on three important goals for all of their projects: taking care of the sick, training local people to do this

work, and building infrastructure.

While he has worked in many different hospitals across the United States and penned multiple books, Farmer explained that it's this type of social development that has been the most rewarding work over his career.

"It wouldn't be books or hospitals or things like that—although those are fine things too. It would be more about developing human capital."

Farmer also kept his talk light by joking on Edmonton's current weather, noting that while he thought he was prepared for the climate, he was sorely mistaken when arriving in the city.

"I really did want to come in the winter, but as a child born in Massachusetts who grew up in Florida, I found that upon arriving that I had a rather romantic notion of winter. I thought it would be snowing and 28 degrees above zero. Even in Siberia, where I worked for some time, I'm not sure I've ever been so cold."

But amid the jokes and discussion of his extensive work on infectious diseases in Africa, Farmer had a powerful message for the university community that fell right in line with this year's I-Week theme of addressing global challenges.

"This university is 100 years old and should be self-critical. There's lots of wealth and resources in this part of the world, and, as I was saying, the President, for example, talked about the notion of citizenship. So how can universities like this with all its resources strengthen its citizenship outside of this area?" he said.

"[It] means thinking hard about how to respond to the needs of the people we're trying to serve, rather than the needs of the university and its students. That's actually the best way to serve students is serving other people. That's the best kind of citizenship I can think of: citizenship that underlies our responsibilities to one another."

"This university is 100 years old and should be self-critical."

DR PAUL FARMER

For Nobel Peace Prize winner Jody Williams, finding out what you want to do with your life is half the battle; doing it is the rest

KIRSTEN GORUK
News Staff

Jody Williams has travelled to over 70 countries and dedicated her life to stopping US intervention in Central America, banning the use of landmines, and encouraging people to take action.

But for Williams, last night's I-Week keynote speaker, the road to becoming a global activist began with an unused psychology degree.

"I went back to school and got a degree in languages, teaching English as a second language and Spanish so I could go out and see the wider world," she explained.

The wider world lasted for about two years when she discovered that teaching languages wasn't for her.

"Frankly, I found [it] fundamentally boring," Williams recalled. "You have all the information, and you're trying to help people to say, 'My name is Sam.'"

Williams got into teaching to get out of Vermont, but ended up doing aid work in Central America rather than educating.

"Essentially from February of 1981 until May of 1992, I worked trying to stop US intervention in Central America—Nicaragua and El Salvador, primarily," Williams said.

Williams recognized that living abroad wasn't for her, so she dealt with a lot of back-and-forth travelling. After 10 years, she was burned out and looking for another drastic change to her lifestyle.

"My particular interest is in trying to stop war or mitigate the impact of war, not post-conflict reconstruction, even though it's critical not to have a country go back to war. It's just not what I enjoy," Williams explained.

In November of 1992, she was asked to begin work on globally uniting NGOs in an effort to

stop the use of landmines. Despite never really thinking about landmines until that moment, she jumped at the chance to get involved.

"It was very easy to understand the issue of why landmines are different from guns, for example. It was a global challenge rather than little bitty Central America," Williams said.

In 1997, Williams' work with the International Campaign to Ban Landmines (ICBL) was recognized with the Nobel Peace Prize.

She welcomed the acknowledgement of the work of everyone involved and rather enjoyed her parents' reaction.

"It made my mom and dad stop saying, 'Everyone says you're so smart; why don't you be a lawyer so we know what you are?'" Williams recalled. "Now I walk on water, so to speak."

Ten years later, Williams is teaching again, this time at the University of Houston. She also has a book coming out in March.

"It's about the first ten years of the life of landmine treaty but also the impact that our movement has had on other issues like human security and clusterbombs," Williams said.

Combine that with what she described as something like a memoir, a book of poetry, and a manual detailing organization tactics for activists, Williams is keeping busy, and she encourages others to do the same.

As someone who has devoted her life to making a reality out of changes she wants to see happen in the world, Williams doesn't mince words when talking about the future.

"Whining about things that bother you is a waste of energy. It's not going to change unless we all do our little part. Just do one little thing; imagine all the one little things together—what a world we'd have."

"Just do one little thing; imagine all the one little things together, what a world we'd have."

JODY WILLIAMS

Inside

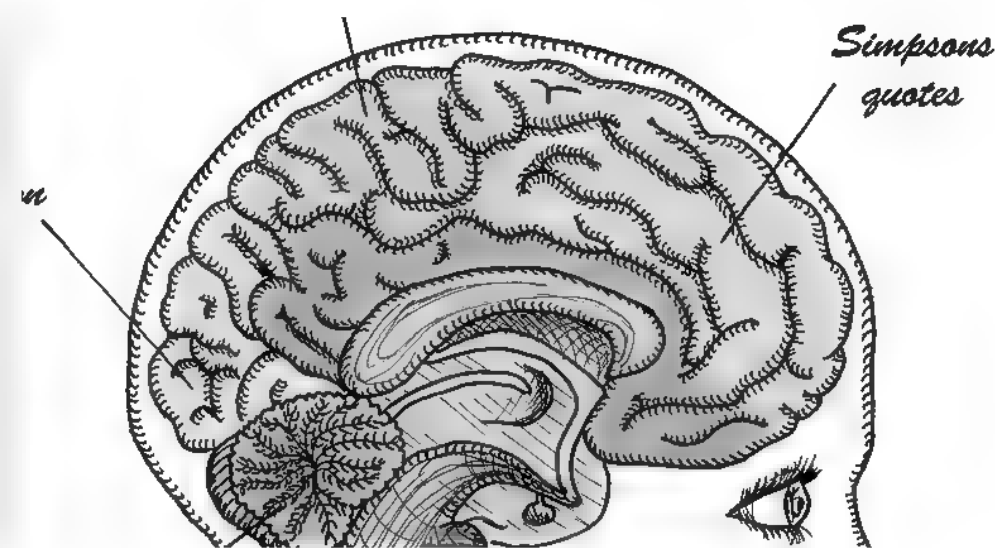
News	1-5
News Feature	6
Opinion	7-9
Feature	10-12
A&E	13-15
Sports	16-18
Comics	19
Classifieds	19

THE Student Body PART 2

Studying chem, counting sheep

Are all-nighters getting you down? You don't know the half of it. Part two of our Student Body feature examines the importance of what we all miss: sleep.

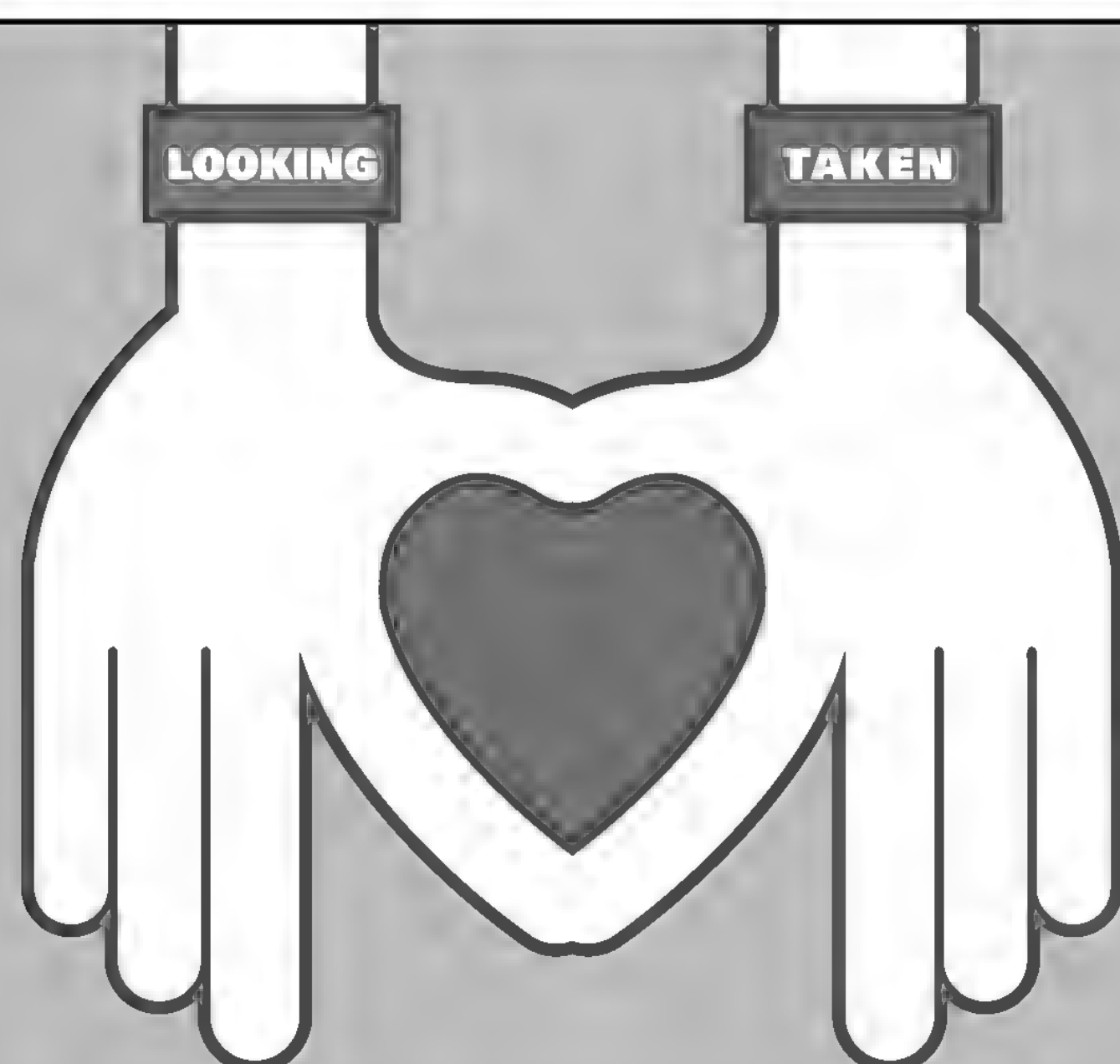
FEATURE, PAGES 10-12





SUPER BEER PARTY

SUNDAY FEBRUARY 3RD
CATCH THE BIG GAME HERE!



RED LIGHT GREEN LIGHT

VALENTINE'S PUB CRAWL

either way, it's one helluva party.

SQUIRES • HUDSONS CAMPUS • THE RANCH • UNION HALL

Tickets \$25 | Call 70-CRAWL, visit edmontonpubcrawls.com
or our ticket centre at Hudsons Campus 11113-87 Ave

SAT. FEBRUARY .9



PH: 70-CRAWL EDMONTONPUBCRAWLS.COM

THE GATEWAY

www.thegatewayonline.ca

tuesday, 31 january, 2008
volume XCVIII number 31Published since 21 november, 1910
Circulation 11 000
ISSN 0845-356XSuite 3-04
Students' Union Building
University of Alberta
Edmonton, Alberta
T6G 2J7Telephone 780.492.5168
Fax 780.492.6665
Ad Inquiries 780.492.6700
Email gateway@gateway.ualberta.ca

editorialstaff

EDITOR-IN-CHIEF Adam Gaumont
e c@gate.way, ua berta ca | 492 5168**MANAGING EDITOR** Paul Owen
manag ng@gate.way, ua berta ca | 492 6654**SENIOR NEWS EDITOR** Natalie Climenhaga
ne ws@gate.way, ua berta ca | 492 7308**DEPUTY NEWS EDITOR** Ryan Heise
deputynews@gate.way, ua berta ca | 492 6664**OPINION EDITOR** Conal Pierse
op n on@gate.way, ua berta ca | 492 6661**ARTS & ENTERTAINMENT EDITOR** Paul Blinov
entertainment@gate.way, ua berta ca | 492 7052**SPORTS EDITOR** Robin Collum
sports@gate.way, ua berta ca | 492 6652**PHOTO EDITOR** Mike Otto
photo@gate.way, ua berta ca | 492 6648**DESIGN & PRODUCTION EDITOR** Mike Kendrick
product on@gate.way, ua berta ca | 492 6663**ONLINE COORDINATOR** Victor Vargas
on ne@gate.way, ua berta ca

businessstaff

BUSINESS MANAGER Steve Smith
b z@gate.way, ua berta ca | 492 6669**AD SALES REPRESENTATIVE** Patrick Cziolek
sa es@gate.way, ua berta ca | 492 6700**AD/GRAPHIC DESIGNER** Larissa Gilchrist
des gn@gate.way, ua berta ca | 492 6647**CIRCULATION PAL** Megan Cleaveley
CIRCULATION PAL Kelsey Tanasiuk
c rcu at on@gate.way, ua berta ca

THE GATEWAY is published by the Gateway Student Journalism Society (GJSJS), a student-run autonomous apolitical not-for-profit organization operated in accordance with the Societies Act of Alberta

THE GATEWAY is proud to be a founding member of the Canadian University Press

complaints

Comments, concerns, or complaints about the Gateway's content or operations should be first sent to the Editor-in-Chief at the address above. If the Editor-in-Chief is unable to resolve a complaint, it may be taken to the Gateway Student Journalism Society's Board of Directors, beyond that appeals to the non-partisan Society OmbudsBoard. The chairs of the Board of Directors and the OmbudsBoard can be reached at the address above.

copyright

All materials appearing in the Gateway bear copyright of the creator(s) and may not be used without written consent.

disclaimers

Opinions expressed in the pages of the Gateway are expressly those of the author and do not necessarily reflect those of the Gateway or the Gateway Student Journalism Society.

Additionally, the opinions expressed in advertisements appearing in the Gateway are those of the advertisers and not the Gateway or the Gateway Student Journalism Society, unless explicitly stated.

colophon

The Gateway is created using Macintosh computers, HP Scanjet flatbed scanners, and a Nikon Super CoolScan optical film scanner. Adobe InDesign is used for layout. Adobe Illustrator is used for vector images. Adobe Photoshop is used for raster images. Adobe Acrobat is used to create PDF files. All content are burned directly to plates to be mounted on the printing press. Text is set in a variety of sizes, styles, and weights of FENICE, Joanna, Kepler and Whitney. The Manitoban is the Gateway's sister paper and we love her dearly, though not in that way. The Gateway's games of choice are 1080 Snowboard King and The Legend of Zelda: Phantom Hourglass.

contributors

John Kriech, Matt Scoett, Marla Koto, yon Donkey, Kong, Alison Granam, Sunny, Chani Kristen Goruk, Cody, Cero, Karen McKee, Temperatures above -30, Ryan's mom for bringing awesome brownies to the office, Catherine Scott, Kathleen Bell, Jonathan Tates, Paul Knoecne, Chris Krause, Lauren Aston, Joni Gagnon, Sam Brooks, Kate Mooney, Pete Yee, Junette Huynh, Nadya Bala, St. Trepe co Ky, et Ze en, Andr, Cnerne, yon C, r, Ba 101

Kutty calls for cultural connections during I-Week speech

KAREN MCKEE
News Writer

Faisal Kutty, noted human rights activist, writer, and lawyer, delivered his speech on marginalization and radicalism in the Muslim world on Wednesday afternoon.

Kutty, on campus for International Week, noted the rise in radicalism in the Middle East and Muslim world and attempted to explain this troubling trend.

“There are a lot of people who are becoming disenchanted—people who feel they are being treated unfairly and unjustly,” Kutty said.

He argued that while there's denial within Canadian society that Muslims are being targeted, it's nevertheless a fact that contributes to increasing resentment within the Canadian-Muslim community. As a lawyer in Ontario, Kutty receives dozens of phone calls every week from individual Muslims who have been harassed and targeted, often by the Canadian Security Intelligence Service (CSIS) or the police.

“In many cases, it is simply the approach they use. [The investigators]—I say investigators, even though it's vague, because it covers both the police and CSIS—show up in the middle of the night, in some cases without IDs,” he said, adding that instead of contacting the individual, the authorities have spoken directly to the person's employer or professor—a situation, Kutty says, that intensifies the impact such investigations have on the

community at large.

In Alberta and Quebec, there have been cases where community soccer teams have not allowed girls to wear a hijab, the traditional Muslim headscarf.

“Before 9/11, there was no issue with people wearing hijabs; now, all of a sudden, it's a safety hazard, or it's a threat to our values of equality.”

Kutty said that Muslims are encouraged to interact with the community, but when they do, they are told, “you can't be you.”

Kutty stressed that cultural stereotyping isn't what Canada stands for as a multicultural society. This trend, he says, has increased dramatically since 9/11 with the draconian anti-terror laws passed by the Canadian and American governments and the rise of Islamophobia around the world.

“Younger people are feeling like they can't do anything, that they're not accepted in society,” Kutty said.

This feeling of isolation, he explained, may draw them to radical views and ideas.

“While most people agree that we have to work within the system, it's getting harder to convince them of that when they can't bring about peaceful change.”

Kutty used the example of a recent Maclean's article, “The Future Belongs to Islam,” about which a group of Muslim students filed a human rights complaint. He argues that these students should be able to use the system if they say they are being discriminated against.

“If the system reviews their case and finds against it, then that's fine,”



JUNETTE HUYNH

MUSLIM MISCONCEPTION Kutty stressed the need to reach out to one another.

he said. “But to go against these individuals and say that they're Islamists and that they don't respect freedom of speech is a racist kind of argument.”

Kutty says he proudly describes himself as a Canadian Muslim, with cultural practices, perspectives, and views that are unique to Canada. However, he notes that “it becomes harder and harder to be proud of your religious traditions and your Canadian or Western traditions when one is seen to be attacking everything the other stands for.”

In order to change this troubling trend, he explained that “we must look beyond the paradigm that some

people with agendas have which fuels the clash of civilizations.

“What we should really be looking at is a dialogue of civilizations.”

According to Kutty, the tensions in the world today aren't primarily between civilizations, but within them, and although there are extreme radicalist groups within all societies, whether in the East or in the West, those groups don't represent the vast majority of people.

“People need to reach out to the other. That is the only way we will win the battle against fanaticism and misunderstanding in every segment of society.”

STREETERS

Compiled and photographed by
Steve Smith and Junette Huynh*As you may be aware, John Edwards quit the US presidential race today, as has Rudy Giuliani is*
What was the last thing that you quit, quitter?**Mark Ashton**
Arts I**Kristie Lithgow**
Science III**Salil Pradham**
Engineering III**George Thomlison**
Facilities and
Operations
employee

“Trying to compete with the smart kids in class.”

“I quit my attempt to study today.” [Do you have an exam tomorrow?] “No, next week, so it's no big deal. It wasn't really studying; it was reading.”

“I quit trying in school, with the weather.” [So what's with all these open text books in front of you?] “This is not me trying. Me trying would be over there [in the Alumni Room]. This is me socializing.” [Hence the blank engineering paper in front of you?] “Exactly.”

“Not smoking; I just had a smoke. No new year's resolutions; if you don't make them, you don't have to keep them. I haven't quit anything.” [Ever?] “It's been so long that I don't remember.”



ALL ABOARD the party TRAIN



8101-103 st. **whyte ave**

Online Distressed Services offers alternative outreach to students

SUNNY CHAN
News Writer

The University of Alberta Students' Union Student Distress Centre has been using the Internet to help those in need of support for the past three years, but the phenomenon of online distress services has only just begun to garner any significant attention.

Elaine Greidanus, a U of A grad student in educational psychology, explained that she saw the lack of research in that area and decided to do a descriptive study of how adolescents seek, receive, and provide support online.

In monitoring one message board, which she wishes to keep anonymous, Greidanus noticed several important facts about cyber-support.

"First of all, I found that teens are indeed seeking help online," she said, adding that they "develop a sense of community through sharing with their peers. Meaningful connections are being made."

Greidanus also noted that her observations tend to shock people who don't regularly go online.

"Adults, or people of a generation who don't go on the Internet as much, tend to find it very surprising because they feel like you're not talking to 'real' people online. [They feel that] online relationships are 'not real.'"

However, she added that once this initial surprise wears off, the results seem to point to a logical step in

adolescent behaviour.

"People will first go for help where they feel the most comfortable and familiar—and teens are really comfortable and familiar with the Internet," said Dr Robin Everall, chair of the Department of Educational Psychology and research supervisor.

"The reality is that adolescents are online; this is a fact. They're online a lot, and if you want to reach them, then you have to go where they are."

ELAINE GREIDANUS
GRAD STUDENT
EDUCATIONAL PSYCHOLOGY

"The reality is that adolescents are online; this is a fact. They're online a lot, and if you want to reach them, then you have to go where they are," Greidanus said.

Because her study focused on content analysis rather than generalizing trends, Greidanus said her results are not prescriptive, and was careful to add that cyber-support isn't a replacement for face-to-face counselling. Rather, it's only another venue for providing services easily and quickly.

The SU Student Distress Centre is already taking advantage of web support: currently, their website provides a

crisis chat room and a link to YouthOne online forums, both of which are monitored by volunteers trained by the Support Network.

Diane Nhan, the director of the Student Distress Centre, said that these features encourage more people to reach out for help if they need it.

"Even though you can call distress lines anonymously, when you're talking online, it's a different level of anonymity," Nhan explained. "Also, sometimes people just feel more comfortable with internet lingo; it's more appealing to them, and it's how they interact with the world."

But like any other medium, cyber-space also has its disadvantages.

"If you're posting on an online community, it is dependent on when other people are logging on, so you might not get an immediate response. And as with any kind of online service, there can be the perception that it's dangerous. Conversations with volunteers are kept confidential and private to make sure people are safe, but it's always a personal decision whether to reach out using that service," Nhan said.

In the end, cyber support is just one of several different services that work together to help distressed youth. Greidanus stressed that it isn't a singularly superior service.

"What's important about Elaine's research is that it brings attention to the fact that there is the possibility of providing services in a different way than traditionally," Everall said.

NEWS BRIEF

ART OF LIVING FOUNDATION OPENS U OF A CHAPTER

People may all want different things in life, but according to the Art of Living Foundation, the pursuit of happiness remains the universal goal.

The foundation, which has programs in approximately 140 countries and is involved with a few of the United Nations' Non-Governmental Organizations, came to the University of Alberta last fall. The course they're offering right now is the Youth Empowerment Seminar (YES).

Gopika Prabhu, an instructor with the foundation, explained YES's brief history. It started with a 17-year-old boy named Sri Sri Ravi Shankar who was moved by all of the poverty-stricken youth on the streets of India. One day, he brought 75 of them home with him, and his parents accepted them with open arms. They fed, clothed, and provided shelter for them and counted on the food donations of neighbours.

"Eventually, one of the neighbours who had a really big home down the street came by and said, 'I'm leaving town. Please take the keys to this home, and make it a school,' so that's what he did," Prabhu said.

Now, Prabhu says that more than 25 000 rural children in India are educated through the Art of Living Foundation. Though the program provides yoga courses that encourage holistic health, meditation, and breathing, she said that it wasn't the main attraction for her.

"All of that's there, but for me, it wasn't so much about that as much as it was giving my life a deeper meaning or purpose, and I couldn't find that in anything else," she said.

Prabhu added that the foundation's goal is to uplift individuals, communities,

and the world. She also mentioned that the foundation celebrated its 25th anniversary last year in Bangalore, India. Until then, she didn't understand the foundation's vastness: Prabhu was surprised by the state leaders sitting next to villagers, and religious leaders sitting next to one another, having a good time.

"It didn't matter who you were, where you're from, what language you spoke, [or] what colour your skin was. People were celebrating and living life. That was incredible," she explained.

According to Prabhu, Shankar's message to youth is that anything is possible if you put your mind to it. A volunteer with the foundation, Joanna Bull, added that since she got involved with the program, she feels much more invigorated and grounded. A few years ago, Bull was working in a coffee shop

in Halifax, unsure of what to do with her life. Through a friend, she took an Art of Living course and enjoyed it.

"I was becoming more centered and more aware of what's going on. When things happen, instead of knocking me off my feet, I've been able to deal with it better," she noted.

That's why Bull would encourage students to get involved with an Art of Living program. According to her, the program has something to offer everyone, and she's very enthusiastic about its benefits.

"Realize that you can do anything; be limitless. I think that's something that everybody really wants, but nobody knows how to do it. This course gives you tools and skills to make that a reality in your life," she said.

—Catherine Scott, News Staff



CLEARING MINDS Prabhu and a student meditate during her time at the U of A.

DEWEY'S

COFFEE BAR • LOUNGE • EATERY

Curl up on one of our couches with a cup of hot chocolate with marshmallows Or...

try a medium hot chocolate with peppermint schnapps and whipped cream! only \$3.50

Hummus • Paninis • Chicken Caesar Pitas • Salads-Tuna Melts • Hot Soup Of The Day and more...

»TUESDAYS FROM 2 PM TO CLOSE \$3.75 Grasshopper Pints

»THURSDAY FROM 2 PM TO CLOSE \$3.00 Sleeman MacLays bottles \$3.75 Sleeman Pints

open monday-friday from 8am until 8pm

In the old Powerplant Building, Look for the Red Door on the North side.

Ratt 7TH FLOOR SUB

RATT AND MOLSON WILL BE ...

GIVING AWAY A PAIR OF TICKETS TO EVERY OILERS HOME GAME!

tickets are given away at the beginning of the 3rd period for the next game. Must be present to win

THREE OILER GAMES BACK TO BACK! GIVING AWAY TICKETS TO ...

- » FRIDAY, FEB. 1ST @ 7:00PM oilers vs. dallas stars
- » MONDAY, FEB. 4TH @ 7:00PM oilers vs. calgary flames
- » WEDNESDAY, FEB. 6TH @ 7:30PM oilers vs. chicago blackhawks

MONDAYS - GUITAR HERO!

Jager Bombs-Rock Star & Jagermeister-on special

TUESDAYS - dub that ditty!

the fun starts at 9 p.m. Molson Canadian on Special

WEDNESDAYS - KARAOKE

With your hosts Colin and Ed! Kokanee and Kokanee Gold on Special

FRIDAYS

taking requests for any tunes that make you wanna dance!

HOURS

monday-friday | saturday 11AM-2AM | 3PM-2AM

Female mental health different—study

Researchers find women more likely than men to suffer from mood disorders

ALLISON GRAHAM
News Writer

It might seem obvious to men that women can have the occasional mood swing, but according to a study done by two University of Alberta nursing professors, women are in fact more likely than men to suffer from serious mood disorders.

The research paper, written by Gerri Lasiuk and Kathy Hegadoren and published in the journal *Biological Research for Nursing*, explains that whereas men have a 12.7 per cent chance of having a major depressive disorder (MDD) in their lifetime, the probability in women is 21.3 per cent. Although causes for MDD, which range from dysthymia to bipolar II disorder, include genetic predisposition and a history of depressive disorders, the researchers found that cultural and social factors are especially important contributors to MDD in women.

"Gender is consistently cited as a risk factor for mood disorders," the

new paper states. "A recent review of twelve studies conducted in nine different countries confirms that women demonstrate higher lifetime prevalence for affective disorders than do their male counterparts."

Despite what the statistics reveal, the fact that previous studies on mood disorders haven't dealt with gender-specific research is most surprising, Hegadoren and Lasiuk said via email.

"Until the last 10–15 years, it was presumed that disease [or] illness was experienced and expressed similarly in men and women. Based on that premise, most of the existing basic research was done on male lab animals or male humans," Hegadoren said.

Hegadoren went on to explain that because most of the research excluded female test subjects, female-related variables such as the menstrual cycle and other hormonal differences could not be ruled out from affecting mood. This medical issue can now prove to be an equality issue as well.

"Prior to the Second-wave feminism

of the 1960s, women's experience was generally not acknowledged as distinct or important. This has changed gradually over the ensuing years, but there are still many instances of gender inequality," she said.

To learn about the basic health differences of men and women, Hegadoren stressed the importance of repeating previously done experiments to consider gender-specific issues.

"The recent recognition that disease [and] illness manifests and is experienced differently in females and males calls into question the applicability of existing basic health research to women."

Although specific research on female mood disorders has been a slow process, Hegadoren said that this paper is the beginning of a change in how researchers consider gender as a health factor.

Both researchers acknowledge that, as with any new and different view, it will inevitably be met with some resistance. But for now they maintain that the advancements made concerning



PHOTO ILLUSTRATION: STUTREBELCO

SERENITY NOW Female mental health differs greatly from male say researchers.

women's health warrant attention.

"The Canadian Institute of Health Research (CIHR) [...] is the major federal agency responsible for funding health research in Canada," Lasiuk said, referring to the organization that was created by the federal government in 2000. "Within the CIHR, there are 13 virtual institutes, one of which is the Institute of Gender and Health, so

things are continuing to change."

Hegadoren is positive that work with MDD in women will create a change in the scientific community and generally rid society of the myth that women's moodiness can be considered a joke.

"Hopefully we can continue to bring attention to women's health issues and to the importance of gendered health research."

random photo tip!

As the temperature drops so does the capacity of your camera's batteries. Carry two, one in the camera and one in a pocket. When your camera dies just swap the batteries; once warm the battery will work again. Magic? nay! it's chemistry.

Learn stuff like this and more at the Gateway. Meetings are Fridays at 4PM in sub 3-04. and it's not -10 in here.

the Gateway
furthering your
education since 1910



Teach English Overseas



- Intensive 60-Hour Program
- Classroom Management Techniques
- Detailed Lesson Planning
- Comprehensive Teaching Materials
- Internationally Recognized Certificate
- Teacher Placement Service
- Money Back Guarantee Included
- Thousands of Satisfied Students

OXFORD
SEMINARS

780-428-8700 / 1-800-269-6719
www.oxfordseminars.ca

**GEOLOGY/GEOPHYSICS
PETROPHYSICS
MANAGEMENT INFORMATION
SYSTEMS
COMPUTER SCIENCE
ENGINEERING:
CHEMICAL/PROCESS
PROCESS CONTROL
MECHANICAL
CORROSION & MATERIALS
PROJECT/FACILITIES
MINING**

Innovation is a way of life at Shell. We operate at the leading edge – not only in oil, gas and chemicals, but also in renewables such as wind and solar energy.

But technical leadership begins with technical expertise. Which is why we work so hard to attract and develop people like you – today's talent and tomorrow's leaders.

Great training you can take for granted – along with real responsibility. And within our global business, there will be many opportunities to match your aspirations.

So if you want to achieve more in your career, get together with Shell. You can make your online application right now – just visit our careers website.

Shell is an Equal Opportunity Employer

www.shell.ca/careers

Find it
The right
career direction

Achieving more together



U of S promises students \$25 for services lost during CUPE strike

Students say money doesn't make up for five weeks without academic services

LAURA KEIL
The Sheaf
(University of Saskatchewan)

SASKATOON (CUP)—Following a five-week support staff strike at the University of Saskatchewan, students have been told to expect a \$25 refund for services lost during the strike. While some students are applauding the motion, others are less impressed by the gesture.

Josie Steeves, Vice-President (Academic Affairs) at the University of Saskatchewan Students' Union, said the credit could be put towards goods or services at the University Bookstore, Louis' Pub, the computer store, or other campus services.

"They've still got some work to do, but I think it's extremely promising that students will see some form of reimbursement," Steeves said, adding that the money is a "goodwill gesture."

Students who were more deeply affected by the five-week strike, such as those in veterinary medicine and dentistry, are likely to receive compensation on a case-by-case basis, she said.

But not everyone is pleased with the offer. Levi Nicholat, a student at the U of S, sees the \$25 refund as a "slap in the face."

"[The strike] lasted for about two months, so two-thirds of our semester, and they're giving us \$25? That's a little ridiculous."

Cameron Goodfellow, a graduate student working on his MA in history, said that the money doesn't make up for losses to grad students.

"It's a nice gesture, but I don't think it's sufficient. Grad students couldn't get books out of the library; that's a month off our research."

The University's Administration told the SU that they saved very little money during the strike. James Pepler, President of the Students' Union, said he expects the University to release their cost analysis so the union can verify the numbers.

Chad Kirlow, another student, also believes the school should do more for students. He says his hockey team missed six or seven games during the strike.

"You pay \$300 per semester to play hockey," he says. "They're not giving

us anything back."

Michelle Brock, who is in her final year of women's and gender studies, says she's insulted by the offer, adding that students had to cope for several weeks with bathrooms strewn with feces and tampons, classrooms overflowing with coffee cups, and library services that were largely inaccessible.

She believes the University mismanaged the strike and that it owes more to its students.

"If you want to make a gesture, make it sincere," Brock said. "That doesn't seem very sincere."

Students at the University of Regina will be seeing a slightly different kind of compensation package. That university has offered \$2.50 per student, which would be given to the University of Regina Students' Union to be dealt out at its discretion.

"We had a general meeting during the strike in order to ask students what they wanted to do, and they decided to have a referendum to decide how to spend all the money that they university gave," said Mike Burton, President of the University of Regina SU.

Millennium Scholarship Foundation lobbies feds for \$4 billion renewal

NICK TAYLOR-VAISEY
CUP Ottawa Bureau Chief

OTTAWA (CUP)—As the Canadian Millennium Scholarship Foundation (CMSF) nears the end of its mandate, high-priced lobbyists are pushing and pulling to have the foundation's mandate renewed or terminated.

The Foundation recently hired two lobbyists with deep political roots to coordinate its government relations in Ottawa: Ron McLaughlin, a chief of staff to former Ontario premier Mike Harris, and Judith Moses, a long-time public servant who left the Privy Council Office in 2002.

Last May, the CMSF hired the tandem, both partners in government-relations firm McLaughlin-Moses Strategic Advisory Services, for a period of one year and at a cost of \$120 000.

The primary goal of the lobbying effort is the renewal of the CMSF mandate. According to documents obtained through an Access to Information request, the CMSF is calling for a "second ten-year mandate to improve access to postsecondary education" and "an up-front endowment of \$4 billion to be used to provide research-based student financial assistance programs to be delivered in conjunction with the provinces and territories."

According to the documents, McLaughlin and Moses arranged meetings with high-ranking officials, including Human Resources Minister Monte Solberg and the chief of staff to Finance Minister Jim Flaherty.

They also set up meetings with several senior officials in the Privy Council Office and participated in a number of meetings during the Canadian Alliance of Student Associations' November lobby week.

But NDP MP Denise Savoie (Victoria) said that it's an unfortunate reality for students that it takes a lot of money to gain influence on Parliament Hill.

"It appears that if you can pay, you get into ministers' offices. And if you can't, you get a run-around, [and] you maybe see people who are not in the decision-making loop," she said.

However, according to Andrew Parkin, associate executive director of the CMSF, hiring lobbyists is actually a cost-cutting strategy.

"The foundation doesn't have a big staff. For a lot of services like legal services, some research services, and some strategic-advice services, we contract those out because it's cheaper to do so," he said.

"It appears that if you can pay, you get into ministers' offices. And if you can't, you get a run-around, [and] you maybe see people who are not in the decision-making loop."

DENISE SAVOIE
NDP MP (VICTORIA)

"While strategic-advice services are not necessarily cheap, it is better to hire people when you need them—and don't hire them when you don't need them—than it is to set up another office for the foundation permanently."

Duff Conacher, coordinator of Democracy Watch, an Ottawa-based advocacy group, said that the CMSF is doing nothing out of the ordinary by hiring well-connected lobbyists.

"There is a relatively small group of people who are active within parties generally and are, as a result, often the gatekeepers of access to cabinet ministers."

Liberal MP (Dartmouth—Cole

Harbour) and human-resources critic Mike Savage defended the merits of the CMSF, suggesting that they would only start lobbying "because they've been rebuffed in other ways" and that dealing with the federal Conservatives is a "very difficult environment."

Savage said that the CMSF should be renewed and that the government should go further to solving the financial-aid dilemma facing postsecondary students in Canada.

Nevertheless, Savoie stressed that lobby groups shouldn't be able to pay for influence.

"It's a question of who has access to government and decision-makers. If, by paying, that gives you greater access, then that's something that needs to be changed," she said. "Millennium isn't doing anything that's unusual, because lobbyists run amok in Ottawa. People just shrug their shoulders. [But] this is money that should go to student grants, not to lobbyists."

Indeed, the Canadian Federation of Students, Canada's largest student lobby group, has been calling for the termination of the CMSF for years.

Calling it a mere smokescreen for government public relations and citing how provincial governments redirected funds meant for students into other departments, the CFS has called for a federal system of needs-based grants and bursaries to replace the Foundation.

The CMSF was created by the Liberal government of Jean Chretien in 1998. It was granted a \$2.5 billion endowment, and it doled out \$350 million in bursaries this year. The foundation's mandate runs out following the next fiscal year, and Parkin was cautiously optimistic about its renewal.

"We feel this foundation has been given a polite and fair hearing and that the issue of student financial aid is on that the government is engaging with," he said. "That gives me reason to be optimistic that the issue is going to be dealt with."



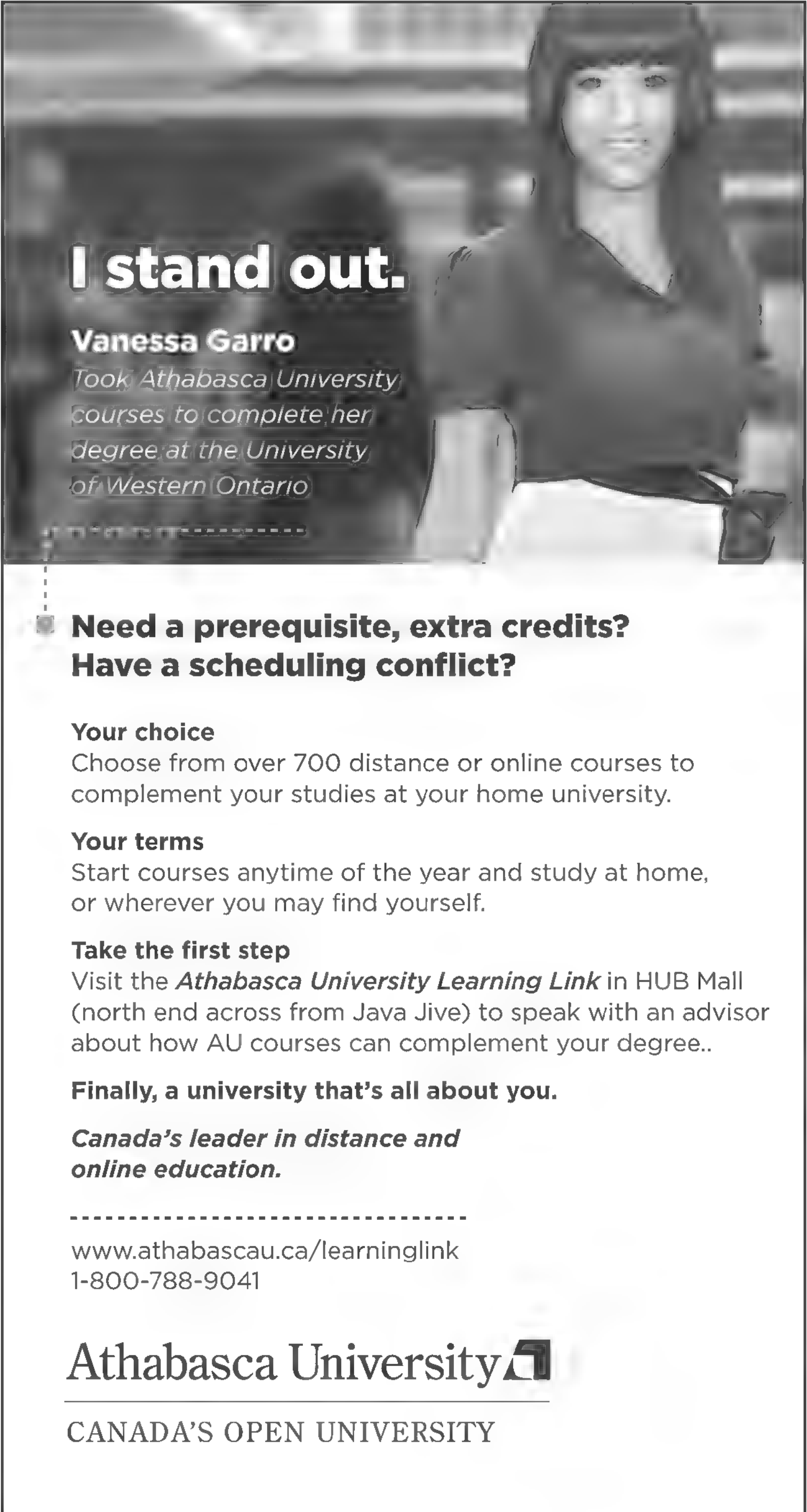
STUDENT COMBO

\$9.99* MOVIE ADMISSION, REGULAR POPCORN & REGULAR SOFT DRINK

EMPIRE THEATRES
EDMONTON CITY CENTRE

EMPIRETHEATRES.COM

*Valid 2007-2008 photo student identification from a recognized Canadian University or college must be presented at the Box Office. Students are only permitted to purchase this combo for performances running on the same day of the purchase and must redeem their receipt for the concession portion of combo on the same day. Students are only permitted to use their Student ID for this combo once per day. Subject to seat availability. No refunds once combo is purchased. Exchanges or admission ticket are only permitted by re-submitting student ID and must be for another performance on the same day. No substitutions or time extensions once promotion ends on May 31, 2008. Not valid in conjunction with any other offer. Not valid for advance purchases, special programs, events (e.g. WWF and Real Babies), Real Bar/IMAX presentations. This offer is only valid at participating Empire Theatres in DM, AB, BC, SK, MB and exclusively in Antigonish, NS.



I stand out.

Vanessa Garro
Took Athabasca University courses to complete her degree at the University of Western Ontario

Need a prerequisite, extra credits? Have a scheduling conflict?

Your choice
Choose from over 700 distance or online courses to complement your studies at your home university.

Your terms
Start courses anytime of the year and study at home, or wherever you may find yourself.

Take the first step
Visit the **Athabasca University Learning Link** in HUB Mall (north end across from Java Jive) to speak with an advisor about how AU courses can complement your degree..

Finally, a university that's all about you.

Canada's leader in distance and online education.

www.athabascau.ca/learninglink
1-800-788-9041

Athabasca University

CANADA'S OPEN UNIVERSITY

A Century of Style

Discovering who we were through What We Wore

by KATHLEEN BELL
photos by KYLER ZELENY



What We Wore: 100 Years at the University of Alberta as Told Through Clothing

30 January–8 March
Wednesday through Saturday, 12pm–5pm
Gallery A, Telus Centre

From the most eccentric fine arts student to the grungiest pre-midterm undergrad, clothing-wise, you can pretty much get away with anything at the U of A. Many students use their time at university to wear their souls on their sleeves before entry into a workforce that demands a more standardized look. Therefore, what's worn reveals a lot about the student body.

If you can tell a person's major, or even where they live, from what they're wearing, just imagine what a 100 years of university fashion can tell us about our past. The University of Alberta Museums and the Department of Human Ecology is exploring just that, while simultaneously celebrating the Centennial by putting on an exhibit that unlocks a century's worth of stories told not in text, but in textiles.

Through 36 garments and other accessories, Lucie Heins, curator of the What We Wore: 100 Years at the University of Alberta as Told Through Clothing exhibit, has put together a display that tells the tales of university life over the years, while proving that campus was not always the sea of jeans and hoodies it is today.

"In fact, in the first years of the university, both students and professors wore the black academic gown as part of their uniform," Heins explains. "So if you were a student, you would be wearing a black academic gown to class. In the teens, they did away with that; only senior students—those who were in their last year—wore the academic gown until 1920."

Hogwarts-style fashion wasn't the only trend to sweep across campus. During World Wars I and II, military uniforms became a standard sight since the U of A held compulsory training sessions throughout the war years and even in between.

"Certainly during those wars, the landscape of the campus changed because it looked more like a military training camp," Heins says. "You had all these male students who were usually dressed in their military uniforms because they didn't have enough time to change out of their regular clothes into their military uniforms to get to their training session."

Both students and faculty were encouraged to enlist immediately in World War I. Entire groups, such as the 1914 provincial championship rugby team, enlisted and died together. Conversely, in World War II, it was advised that students graduate before they enlisted. That time around, women requested to

participate in their own training sessions.

"They didn't have to put in as many hours as the male students," Heins notes. "They did learn to march and various other aspects of training, but they did not have a uniform. They would just wear whatever they wore to class and loafers. Sometimes, they were permitted to wear slacks if their training required them to crawl on the ground."

Military dress and academic gowns are only two of the categories that make up the collection, and while the black gowns are now only donned at convocation, what the exhibit makes clear is that there are far more similarities than differences. Heins is quick to point out that there are themes, like sports, extracurricular activities, and welcome-week antics that reoccur no matter what the decade. For instance, in the past 100 years, U of A students have never passed up the chance to party.

"At the beginning of the university's history we had what was called 'Conversaziones,' and this was an opportunity for the university to showcase itself to distinguished guests in Edmonton and Alberta. These were very formal, so you had students wearing Edwardian dresses. It would take [the women] all day to get ready and put their hair up in elaborate hairdos; of course, they would wear the long gloves. The men would wear tuxedos. They would have extra collars they would bring with them because if their collar wilted, then they needed to replace that."

Beyond the main themes that link our present with our past, there are some special pieces worn by some very special people, including the gown Lois Hole wore during her time as Chancellor. In addition, the academic gown of Myer Horowitz is on display, which also happens to be a personal favourite of Heins.

"It's a green and gold gown, really reflecting the university colours. The reason he chose to have his gown [green and gold], as I understand it, is that he was a graduate of the U of A. So apparently, presidents of the university usually chose the colours of the university that they graduated from [for their gown's colours]."

You can see Horowitz's gown, among others, until 8 March, Wednesdays through Saturdays in Gallery A of the Telus Building. And don't worry about your own generation being under-represented: Heins was careful to incorporate every decade, including the 2000s, as the most recent pieces include a 2004 Students' Union polo shirt and a 2000 Week of Welcome volunteer T-shirt. So don't trash those WoW tees just yet—they serve as little pieces of U of A history hanging right there in your closets.



Cold front brings apathy with it

EXTREME WEATHER HAS WEIRD EFFECTS ON people. Some get mokey, some get cranky, but I get apathetic.

That everyone should follow the news has always been one of my pillar beliefs. The process of staying informed, engaged, and active in the goings-on of society is to be a good citizen—at least according to conventional wisdom.

However, this week, my interest in current affairs has plummeted along with the temperature. I must have scanned around 300 newspaper headlines in the hopes of finding an interesting topic to inspire this editorial, but the more news I read, the less I cared about it, much less writing about the latest scoops.

It's -30C outside, and I've settled into a comfortable state of apathy. It's not that I'm choosing to be apathetic; it's just that I can't decide what to care about anymore.

Even stock news items no longer seem relevant. Global warming? Well, I know this isn't how science works, but I find it hard to care about climate change when I have to wear snow pants on my walk to school so that I don't freeze to death. Normally, I try to live as environmentally friendly a lifestyle as possible, but for the time being, I don't care how much CO₂ is generated by running my electric blanket on full blast.

One of my roommates who works part-time at HMV recently lamented the swarms of teenage girls who come in proclaiming that they simply *must* buy every one of Heath Ledger's movies *immediately*. The fact that anyone could get that worked up by the death of someone they likely never met is beyond me, but deep down, I'm silently envious of their passion.

Reading through this week's headlines has only heightened my lack of enthusiasm for being emotionally moved by the news. My problem, I've come to realize, is that there's just too much choice right now.

For example, I normally love politics, but even that usually dry arena has left me with too many options. Super Tuesday is just around the corner, Senator Edward Kennedy has endorsed Barack Obama, and both Rudy Guiliani and John Edwards have dropped out of the running. But then before I can even begin to warp my brain around the nuances of the American political system, there's the predicted provincial election call coming after the 4 February Speech from the Throne.

Not to mention that there are always the world's million and one other problems that a privileged Albertan such as myself should feel for. Darfur still has civil strife, Kenya does too, Botswana is facing exhorbant inflation, and other places I'm not sure I could point out on a map are all in need of support in their quest for democracy. Amen.

But while these are all important issues—issues I should feel passionately about; issues that should remind me of how lucky I am to live in one of the richest countries in the world—truth be told, finding a long-lost box of hot chocolate in the pantry ignited more passion in my frostbitten heart than any front-page story has recently.

So while oil tankers spill, bombs are dropped, and politicians campaign, I'm going to lie under my electric blanket and sip hot chocolate until it's the weather, not the world, that changes.

NATALIE CLIMENHAGA
Senior News Editor

First rule of idiot club

SOME YOUTHS IN SASKATOON MIGHT BE FACING assault charges after police uncovered their apparent "fight club." But though these morons obviously forgot the very first rule of fight club when they posted their videos on Youtube, in a city that's chief exports are grain, meth, and hookers, their mothers should be thankful that their sons are only beating the crap out of each other.

CONAL PIERSE
Opinion Editor

WELL FRIENDS, IT'S BEEN A LONG AND EVENTFUL RACE, BUT I THINK THAT I'M GOING TO HAVE TO THROW IN THE TOWEL. I'M AFRAID, THOUGH, THAT I JUST CAN'T PICK A SIDE WITHOUT GIVING IT SOME SERIOUS THOUGHT AND CONSIDERATION. GOOD LUCK TO THE BOTH OF YOU!



MIKE KENDRICK

LETTERS

Sharing the road doesn't mean drivers can hog it

In the 24 January article "We all have to share the roads—something you inattentive cyclists need to remember," Kyle Chisholm demonstrated a curious definition of the word "share."

Now, granted, it's been a while since I was in kindergarten, but I don't seem to remember sharing being along of the lines of bogarting something all for oneself. Why, then, does Chisholm's idea of "sharing" the road consist of telling cyclists to get off of it, in favour of the many marked bicycle paths he sees in his hungover stupor?

Do tell me, Chisholm, where precisely these many magical bicycle paths exist in reality? A quick consultation of my handy Cycle Edmonton map shows that the only northbound route heading right onto campus for cyclists is 112 Street (designated by the map, conveniently enough, as a "signed bike route on roadway"), the very same route you want cyclists off of.

Unfortunately for you, cyclists have just as much right to the roads—including the main ones—as you. I'd kindly ask you to respect that right. And while we're working on the issue of respect, I'd also kindly ask you to not belittle all cyclists just because you see some breaking the rules of the road.

If I had a dollar for every time I saw a driver break those same rules, I could probably afford to join you

in the mass congestion of personal transit polluters (if I even wanted to give up my bike).

Does that mean that I'm justified to wax poetic on the shortcomings of all drivers?

ADAM FERLAND
Science V

Fraternities more than just popped collars, bro

I believe that many people have an unfair bias against fraternities, their members, and their houses (re: "Garneau residents contend frat house," 29 January).

The biggest issue in this article seems to be that residents are concerned about loud parties in fraternity houses. As a member of a fraternity who lives in a fraternity house, I believe this to be an unfounded concern.

Many people have a stereotypical view of fraternities from movies, such as *Animal House* and *Old School*, which aren't accurate portrayals of what they're actually like.

While we do occasionally throw parties in our house, I fail to see how that is different from any other university student's house. In fact, most of the parties that I attend occur in non-fraternity houses. Also, a large component of fraternities is community service. My brothers and I regularly try to help our community by running events to raise money or bring attention to worthy causes affecting the Edmonton area.

I think that Garneau residents should give the Zeta Psi members

a chance to prove themselves to the community before discounting them as noisy, distrustful members of the society. Fraternities aren't just about partying; we believe in strong academics, student leadership, athletics, tradition, and community involvement.

Please look past movies like *American Pie's Beta House* and actually meet a fraternity member before deciding what fraternities are actually all about.

MARCUS ERLANDSON
Engineering III

Rudeness begets rudeness

I think that Maria Kotovych's article about her attempts to be obnoxious and rude to the people who she believes to be deserving of such treatment is quite despairing (re: "The kid gloves are off—it's time to be rude," 29 January).

Not only is she showing the digression of consideration within our species, but she's only perpetuating what she hates by acting as a model for it. Simple, polite responses to aggravating instances—and living in HUB Mall, I've had more than enough of those—are usually well received and achieve the desired results.

But by acting like an asshole, you're only reinforcing obnoxious tendencies in others. This can easily be explained by BF Skinner's behavioral model, which outlines that people will use a model's positively reinforced behavior as a template for their own.

In other words, if the model

behaves rudely and gets their way, the subject will then behave rudely to get their way. I can't speak for the general public, but I don't wish to continuously be facing intolerable individuals.

On another point, everyone does something that may annoy their surrounding public; who has the right to be a persecutor? Humanity is generally quite annoying, but by being polite, you're showing that you have the virtue to tolerate others.

This isn't a bad quality to have, and it actually used to be a quality that everyone strove for. Tolerating that which annoys is just a sophisticated reaction, and acting obnoxious is just an immature way of handling the situation.

RANDI URICHUK
Psychology II

Letters to the editor should be sent to letters@gateway.ualberta.ca (no attachments, please).

The Gateway reserves the right to edit letters for length and clarity, and to refuse publication of any letter it deems racist, sexist, libelous, or otherwise hateful in nature. The Gateway also reserves the right to publish letters online.

Letters to the editor should be no longer than 350 words, and should include the author's name, program, year of study, and student identification number to be considered for publication.

And though we're by no means your therapist's couch, we're not opposed to hearing about how your day went.

Though it seems old-fashioned, we should all choo-choo-choose to ride the railways



PAUL
OWEN

It's been 62 years since the creation of Thomas the Tank Engine, and the longevity of the curious blue locomotive proves one thing: kids love trains.

Of course, they're not the only ones. Europe, Japan, and even the northeastern United States all rely heavily on rail transportation for daily commuters and travelling tourists alike. Which makes it all the more depressing that a vast part of our country that was confederated largely due to the construction of the railroad has so little use for it now.

After all, there's nothing not to like about trains. They make cool noises, have built-in beds and food service, and some even go really fast. The guy driving it has not one but two cool titles—the conductor and the engineer—and they even have a rear-end known as the caboose.

Sure, the Canadian railroads are still full of long chains of cars hauling grain, oil, and assorted other commodities, but it's getting rarer to see a passenger train chugging down the tracks.

Pricing is a big factor in this, as a train ride on VIA Rail is disproportionately expensive in comparison to the cost in other places around the world. It's also disproportionate compared to other methods: a round trip to Jasper from Edmonton costs \$258.30 for one person, for example.

As well, dwindling ridership has resulted in less accommodating train schedules, which makes riding the rails a much more difficult—and sometimes impossible—endeavour. The Edmonton-to-Calgary bullet train might have more support if people currently had the option of making the trip by rail, but VIA doesn't even offer stops in Calgary at the moment, which means you either have to fly or drive out there to get your fix of rodeo clowns and cowboy hats.

While trains can be hijacked, they're still restricted to the tracks that they run on. The worst that could happen would be slamming into another train, making it a relatively low-impact act of terrorism, especially in comparison to what has been done with planes.

More importantly, air travel has provided the opportunity for quicker travel at a lower price across the country—no one wants to take a week to get to Toronto, after all.

But that shouldn't remove the option of being able to take a train from Edmonton to Saskatoon or Regina. Even though they're slower, railways offer many options that airplanes simply can't. Whereas a plane gives you the choice between the small "coach" seating and the slightly larger executive-class chairs and a scenic

cloudscape view, trains allow you to observe constantly changing scenery, cabins designed specifically for you to sleep in, a semblance of privacy, the ability to move around (which reduces feelings of claustrophobia), the use of your cell phone, and even wireless internet access.

Moreover, though there are many concerns over airport security, the train is almost immune to those fears. While passenger trains can be hijacked, they're still restricted to the tracks that they run on. The worst that could happen would be slamming into another train, making it a relatively low-impact act of terrorism, especially in comparison to what has been done with planes.

Our society has simply stopped riding trains, and in doing so we've been depriving ourselves of another option when travelling around our country. And while it's not entirely our fault, as VIA could make it more affordable and accommodating like the European lines do, it's important that we don't forget what the railways have done for this country—like keeping the West from being annexed by the States.

It would be illogical to ignore the improvements that are being made to both vehicles and highways that make driving an appealing option over short and mid-length travel. In the same vein, the emergence of airlines such as Westjet that offer low-cost flights makes flying a viable option for many, especially when it's currently less expensive than train travel. But at the same time, railroads have proven successful in so many other places in the world, which makes it hard to believe that they couldn't work in western Canada as well.

Maybe it's time we all listened to our inner child—because kids love trains, even if no one else does.

THE BURLAP SACK

The extra-large victim of this Sack beating is the Tory Building. As a left-handed person, the facilities there piss me off to no end. Where most proper lecture theatres have one lefty desk at the end of each row, the theaters on the main floor in Tory have none.

These postcard-size desk tables are even more useless to write notes on when you have to make a quarter turn to put pen to paper. By the end of most lectures, I usually find my notebook on my left knee, which is a royal pain in the ass for me and the other ten per cent of the population who have our brains wired differently.

What hardly makes sense is that this is going on in the Tory building, a place that ought to be the area on campus for arts students where unique ways of thinking are to be encouraged, not stifled.

Perhaps the Tory Building hasn't been updated since the 1950s, when teachers would physically force young lefties to learn how to write with their wrong hands. Or maybe it was built in the middle ages when the left hand was associated with the devil—the term "sinister," in fact, was derived from *mano sinistra*, the Italian term for the left hand.

Regardless of when the Tory Building was spawned from the depths of Hell, that doesn't mean that retrofitting the desks should be a problem. If wheelchair ramps can be built for those with disabilities, reasonable accommodations can be made without difficulty to remedy my minor inconvenience.

So into the sack with you, and I hope you enjoy the taste of my left-handed sledgehammer.

ELLIOT GOODINE

The Burlap Sack is a semi-regular feature where a person or group who needs to be put in a sack and beaten is ridiculed in print. No sack beatings are actually administered.

Info week

FEBRUARY 4–7, 2008

Here's your opportunity to get detailed information about NAIT's wide range of full-time programs. In a series of free info sessions on Main Campus, you'll be able to ask questions, take a tour and maybe even win a great prize!

Each evening of info week focuses on different career sectors:

MONDAY, FEBRUARY 4
Business and Administration
Media Arts
Hospitality and Culinary Arts

TUESDAY, FEBRUARY 5
Engineering Technologies and Applied Sciences
I.T. and Electronics

WEDNESDAY, FEBRUARY 6
Building Construction and Design
Environment and Land Management
Recreation and Outdoors
Trades

THURSDAY, FEBRUARY 7
Animal Studies
Health Sciences

SAVE \$50
Attend an Info Week session to find out how you can save NAIT's \$50 application fee.

For more information:
www.nait.ca
Email: askanadvisor@nait.ca

AN INSTITUTE OF TECHNOLOGY COMMITTED TO STUDENT SUCCESS
www.nait.ca

Dangerous Liaisons

Leave your inhibitions behind.

Choreography by
Jean Grand-Maitre,
Co-creator of
The Fiddle and The Drum
with Artist Joni Mitchell

"...Sex in the City
set in the
18th century..."
G. Buchholz, Winnipeg Free Press

Attitude invites you...

BEHIND THE MASQUE

Friday, February 15, 2008

Reception 6:30 pm • Performance 8:00 pm

Tickets \$20

Ticketmaster.ca

OFFICIAL DESIGNER:



CONAL PIERSE

Marry for money, not love

PAUL
KNOECHEL

"The point is, love is a tricky thing to find—and even when you do find it, it's difficult to realize. Maybe that's why there are so many divorces: it's just a bunch of people that got the signals wrong. On the other hand, if you're marrying someone for political gain, that's pretty easy to gauge."

Over the past several years, I've received no less than six marriage proposal rejections. That's right, count 'em: six—a statistic that manages to be both impressive and depressing in the same stride. Depressing in the fact that I've been dealt the harshest rejection anyone can receive six times over, but impressive when you consider that I've only had three serious girlfriends.

But generally, it really sucks: trying to get your money back from the gumball machine, having wasted an entire evening getting the wrinkles out of my good tuxedo-print T-shirt, hearing over and over again that a muffler shop just isn't a very romantic location for a proposal—these things take their toll on a guy. Luckily, I've pinpointed my fatal flaw in the whole messy process: this whole time, I've been operating under the assumption that you should be marrying someone that you love, rather than trying to wed for personal gain.

It's not such a hard thing to consider. I mean, when you're looking for "love," you have to find someone that you like a whole lot, somebody that you can hang out with and talk with all the time, someone that will

love you for who you are and not go off on you for trying to run a little "business" out of your shared apartment just because there are "laws" against the ranching of spider monkey meat.

The point is, love is a tricky thing to find—and even when you do find it, it's difficult to realize. Maybe that's why there are so many divorces: it's just a bunch of people that got the signals wrong. On the other hand, if you're marrying someone for political gain, that's pretty easy to gauge.

If they have members of Parliament over for dinner regularly, or if they keep a big box of compromising sexual photos of themselves tucked away somewhere, then this is the person for you.

If you're looking to marry for money, it's all about snooping through some of their old tax returns to know if this is Mr or Mrs Right. And if you just need someone healthy to complement your genetic material so that your legacy can live on after you die, just steal some medical files with family history in them and you can completely avoid great-auntie Sue's repeated suggestions that you'd just be better off "keeping it in the family."

Now, this isn't to say that I'm against the idea of love in general. It's a great thing that allows you to feel a true togetherness with another human being and gives you the perfect excuse to go ahead and break a decency law or twelve. But perhaps it would exist best outside the constraints of marriage.

You go and marry your rich partner, but on the side, you find someone you love and meet in a motel once a week. The best part is that there wouldn't be any sneaking around, because your marriage partner would be doing the same thing. Everyone knows the score and plays the game accordingly. The two of you would just use each other to move towards whatever end you're trying to accomplish, but outside of that, your life would be your own. No more ball-and-chain marriages, but instead, just stepping stones to cross that river of life.

It's a modest proposal, and one that deserves some thought on your part. Me, I've got a reservation at the Jiffy Lube for my date with a lady that's duller than hammer, a border-line racist (in the sense that she would stand at the border and shout slurs), and has a *big* inheritance coming to her one day.

OIL CITY ROADHOUSE

HOTTEST THURSDAY IN TOWN!

25¢ highballs til 10pm
\$2 highballs all night

GET YOUR NIGHT STARTED RIGHT!!

OIL CITY ROADHOUSE

FRIDAYS

\$1 highballs 7-8pm
\$2 highballs 8-9pm

10736 - Jasper Ave.
oilcityroadhouse.com
780.428.0099